

# Correlation Between Family Social Support to the Menopause Anxiety

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**Abstract:** *The purpose of this study was to determine the relationship between family social support for anxiety entering menopause. The research method used is quantitative Research subjects are women or mothers in Rt 007 Rw 06 Klender, East Jakarta 45-50 years old who have not experienced menopause as many as 40 people. Sampling technique is a saturated or census sampling. Data collection methods used are anxiety scale and social support scale. Data analysis technique used is Bivariate Correlation method. Based on the results of the data analysis, obtained rxy -0.451, which proves that there is a significant relationship to the negative between social support family with anxiety in the face of pre menopause in women in Rt 007 Rw 06 Klender, East Jakarta. High social support from families will reduce anxiety in pre menopausal women.*

**Keywords:** Anxiety, Pre Menopause, Family Social Support

## 1. Introduction

Every individual will experience and through the aging process of his life. In humans the aging process actually occurs since humans are born until humans die. The aging process in a woman is more dramatic than in men because of the process of reproduction in life. Some women experience anxiety with some symptoms such as depression, discomfort in the face of the aging process.

Corey (2010: 17) argues that anxiety is not always negative, that the state of tension in times of anxiety can motivate someone to do something. The function of anxiety is to warn of a dangerous danger, ie a signal for the ego that will continue to increase if appropriate measures to deal with the threat of danger are not taken. If it can not control anxiety through rational and direct means, the ego will rely on unrealistic means of behavior that is oriented toward the defense of the ego.

Anxiety usually arises when we are in a state that we suspect will be detrimental and we feel will threaten ourselves where we feel helpless face it. Actually what we worry about is not necessarily the case. Thus, the anxiety is actually the fear that we create ourselves. In almost every case, an anxious worrier is always worried and afraid. According to Kartono (1989: 127), anxiety is a sense of doubt, trepidation or not daring to things that are not concrete, which is not real, false or fictional, and things that are not clear.

Anxiety is an emotional state that is experiencing feelings of stress (frustration) or inner conflict (conflict). When a person is experiencing anxiety because of feelings or conflict, then the feeling will arise through various forms of conscious and unconscious emotions. The conscious aspect of anxiety looks like fear, shock, horror, weakness, sinful, threatened, and so forth while the unconscious aspect of anxiety appears in the state of an individual who feels fear without knowing the factors that drive him to that state ( Daradjat, 1974).

Pre menopause is a condition in which a woman before experiencing period or time of expiration of menstruation

characterized by some existing symptoms like anxiety, sweat, hormonal disorder and others. The age of women entering the pre menopause period between 40-50 years. Menopause means to stop coming months (menstruation), the ability to get a child has ended, therefore, this age is also commonly called desperate age people. It occurs because of physical changes from within, concerning the peranakan, genital and glandular and hormonal devices in the body in general (Daradjat, 1974: 15). Menopause is the definitive cessation of menstruation or the end of the menstrual period marked by the cessation of the ovulatory process or fertilization of the egg and the appearance of body and emotional changes.

Physical discomfort experienced during menopause is an irregular and shorter menstrual cycle with a swift current, tension, and sudden sharpness in the whole body of sweat that accompanies the tension is followed by a sense of heat, tense symptoms felt throughout the body, feathers in the face grew rough, arise lumps and pain in the joints, especially on the fingers, dizziness, and fatigue (Hurlock 1999: 329).

According to Papalia (2009: 230), the symptoms of women in the face of menopause, include physical symptoms such as heartburn, sweating, insomnia, painful intercourse, vaginal dryness, urinary tract infections, urinary dysfunction caused by tissue shrinking as well as psychological symptoms such as irritability, nervousness, anxiety, depression, memory loss, difficulty concentrating, and even insanity are thought to have been caused by menopause.

Rochman (2010: 167) suggests that the cause of anxiety is: anxiety arising from seeing a danger that threatens him, anxious because he felt guilty or guilty, for doing things contrary to belief or conscience and anxiety in the form of illness and seen in several forms.

Thus, women's anxiety in the face of pre menopause is an anxious condition experienced by women at the time of stopping the menstrual cycle, which is characterized by several symptoms. Where women feel worried, not

confident, depressed and uncomfortable and feel very sensitive.

In a marriage there is the most important source of social support, because in a marriage we have a new family different from before. Can be ascertained in the family will provide a situation that makes him feel comfortable in the face of pre menopause or vice versa instead will feel depressed. Support is a feeling of belonging, being accepted or loved, and is needed subjectively by someone.

Baron and Byrne (2005: 244) say that social support is a physical and psychological comfort given by others like friends, and family members. Accepted social support can make individuals feel calm, cared for, loved, confident, and competent, Smet (1994: 25). According to Johnson and Johnson (Amelia, Saputri & Indrawati, 2011: 67), social support is defined as the existence of others who can be relied upon to provide assistance, spirit, acceptance and attention, so as to improve the welfare of life for the individual concerned.

Women who believe that social support can help in the face of a problem will judge that the problem will not lead to anxiety or pressure on him. Social support from the family determines the high level of anxiety of women in entering the pre menopause. With the support of the nearest person such as husband, and children in providing information, advice, advice, and attention it will determine or reduce the anxiety facing the woman in the face of pre menopause.

Family social support is the attitude, action and acceptance of family members to his family so that someone feels loved, cared for, valued, and valuable. Family members are seen as an integral part of the family environment. Family members find that supportive people are always ready to provide help and assistance if needed.

The above description shows that social support especially from within the family plays an important role in overcoming anxiety problems in the face of pre menopause experienced by women. Based on interviews with some women in Rt 007 Rw 06 Klender, East Jakarta, the authors do, obtained information that there are some women who are facing pre-menopause experience anxiety such as excessive fear, headache, sleep not soundly, reduced concentration. The reason given by the woman is because of the lack of social encouragement from her family like her husband and children, fear of growing old and lack of information about menopause from the people closest.

Based on the phenomenon that has been proposed, the authors are interested to examine more in-depth about the presence or absence of relationships between family social support with anxiety in the face of pre menopause in women in Rt 007 Rw 06 Klender, East Jakarta.

## 2. Anxiety Facing Pre Menopause

In everyday life, individuals will experience events that may cause anxiety. In the general concept, anxiety is understood as fear or nervous feeling. Everyone must have experienced

anxiety at certain times, and with varying degrees. It may happen because the individual feels no ability to deal with what might happen to him in the future. In behavior theory is explained that anxiety arises through classical conditioning, meaning someone raises anxiety reactions to things that have been experienced before and reactions that have been learned from experience.

According to Kartono (1989: 127) explains that anxiety is a sense of doubt, trepidation or not dare to things that are not concrete, that is not real, false or fictional, and things that are not clear. Corey (2010: 17) argues that anxiety is not necessarily negative, that tension in times of anxiety can motivate someone to do something. The function of anxiety is to warn of a threatening danger, ie a signal for the ego that will continue to increase if appropriate measures to deal with the threat of danger are not taken.

Anxiety is an emotional state that is experiencing feelings of stress (frustration) or inner conflict (conflict). When a person is experiencing anxiety because of feelings or conflict, then the feeling will arise through various forms of conscious and unconscious emotions. The conscious aspect of anxiety looks like fear, shock, horror, weakness, sinful, threatened, and so forth while the unconscious aspect of anxiety appears in the state of an individual who feels fear without knowing the factors that drive him to that state ( Daradjat, 1974: 17).

Pre refers to the meaning of the word before. So it can be said pre menopause is a condition where a woman before experiencing period or time cessation of menstruation, which is characterized by some existing symptoms, such as cold sweat, hormonal disorders, anxiety, and so on. The age of women entering the pre menopause period between 40-50 years.

Menopause means stop coming months (haidh), (Men = month), the ability to get a child has ended, therefore, this age is also commonly called desperate age people. It occurs because of physical changes from within, concerning the peranakan, genital and glandular and hormonal devices in the body in general (Daradjat, 1974: 15).

Women enter menopause, or life changes, where menstrual periods stop, and they lose the ability to nurture children. Here are the traditional beliefs that make people even more afraid of entering that period in their lives when these physical changes occur. The times when women experience this menopause, for example, often referred to as a critical period. Body and emotional changes generally occur at the time of menopause, but are not always caused or associated with the condition. The cessation of menstruation is only one aspect of menopause. The average age of a person where menstruation stops, occurs in about forty-nine years.

However, this situation varies greatly in women, depending on heredity, general health conditions, and climate variations. Early puberty generally means the final menopause, and vice versa. Loss of function in nurturing children is no longer a symptom throughout the night from the formation of this function in puberty. The cessation of normal functioning of reproductive organs takes a long time,

its velocity depends on the rate of decline in ovarian function. Menopause period is considered stopped if there is no menstruation during the year (Hurlock 1999: 329).

Thus, women's anxiety in the face of pre menopause is an anxious condition experienced by women at the time of stopping the menstrual cycle, which is characterized by several symptoms. Where women feel worried, not confident, depressed and uncomfortable and feel very sensitive.

According to Litfiah, Maryati and Deliana (2006: 9) symptom or anxiety symptoms seen from several aspects, namely:

- Mood, which is a state that indicates a lack of psychological abstinence, such as: irritability, and feeling very tense.
- Mind, that is uncertain state of mind, such as: worry, difficulty concentrating, empty mind, and exaggerate the threat.
- Motivation, ie the drive to achieve something, such as: avoid situations, high dependence, want to escape, and escape from reality.
- Restlessness, uncontrolled self-condition, such as: nervousness, excessive alertness, very sensitive.
- Uncontrollable biological reactions, such as: sweating, shaking, dizziness, pounding, nausea and dry mouth.

According Rochman (2010: 167) suggests that the cause of the anxiety that is:

- Anxiety arising from seeing a danger that threatens him. This anxiety is closer to fear, because the source is clearly visible in the mind.
- Anxious about feeling guilty or guilty, for doing things contrary to belief or conscience. These anxiety often accompany the symptoms of mental disorders, which are sometimes seen in a common form.
- Anxiety in the form of disease and seen in some form. This anxiety is caused by things that are not clear and not related to anything that is sometimes accompanied by feelings of fear that affect the overall personality of the sufferer.

### 3. Social Support

According to Baron and Byrne (2005: 244) says that social support is the physical and psychological comfort provided by others such as friends, and family members. Social support is one of the functions of social bonding, and these social ties describe the general level of quality of interpersonal relationships. Bonding and friendship with others is considered an aspect that gives emotional satisfaction in an individual's life. When someone is supported by the environment then things will feel easier.

So, family social support is the attitude, action and acceptance of family members to their family so that someone feels loved, cared for, valued, and valuable. Family members are seen as an integral part of the family environment. Family members find that supportive people are always ready to provide help and assistance if needed.

According to Sarafino (1998: 28) social support has four dimensions, namely:

- a) Emotional Support  
This support involves expression of empathy and attention to the individual, so that the individual feels comfortable, loved and cared for. This support includes behaviors such as giving attention and affection and being willing to listen to other people's complaints.
- b) Instrumental Support  
This form of support involves direct assistance, for example in the form of financial assistance or assistance in performing certain tasks.
- c) Informative Support  
This information support can be advice, direction and feedback on how to solve problems.
- d) Award Support  
This support involves expressions of agreeing statements and positive judgments on the ideas, feelings and performance of others.

### 4. Correlation between Family Social Support with Anxiety

The environment can be both satisfying and threatening, or in other words, the environment has the power to satisfy and reduce stress as well as to cause pain and increase stress, can be both pleasant and disturbing. Usually the individual reaction to a threat of displeasure and destruction that has not been faced becomes anxiety (Suryabrata 2008: 138).

However, Corey (2010: 17) argues that anxiety is not always negative, that the state of tension in times of anxiety can motivate someone to do something. The function of anxiety is to warn of a threatening danger, ie a signal for the ego that will continue to increase if appropriate measures to deal with the threat of danger are not taken.

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Women's anxiety in the face of pre menopause is an anxious condition experienced by women at the time of stopping the menstrual cycle, which is characterized by several symptoms. Where women feel worried, not confident, depressed and uncomfortable and feel very sensitive.

Women who believe that social support, especially families who can help and support in the face of a problem will judge that the problem will not lead to anxiety or pressure on him. Baron and Byrne (2005: 244) say that social support is a physical and psychological comfort given by others like friends, and family members. Family social support is the attitude, action and acceptance of family members to the



family so that someone feels loved, cared for, valued, and valuable.

The closer the relationships and support that are created in the family to a pre-menopausal woman will increase her belief that she has a chance to overcome her anxiety and she feels that she has not experienced any pressure or problem in the pre- the menopause. Daradjat (1974: 50) suggests that warm support is full of understanding, acceptance, appreciation, trust, and love created between families with each other, then the menopausal symptoms that trigger anxiety will be less perceived or impassable.

## 5. Research and Method

The research method used is quantitative research method. Research subjects were bu-mothers or women aged 45-50 years, still experiencing menstruation and have not experienced menopause and according to the characteristics of 40 subjects. Sampling is done by using saturated sampling technique, that is sample determination technique when all member of population used as sample (Sugiyono, 2000: 61). Data collection methods used are social support scale and anxiety scale, arranged in scale presented in the form of Likert scale, that is scale which have score from number one to five. With alternate answers made into five choices, consisting of Very Matchable (SS), Compliant (S), Neutral (N), Not Compliant (TS), and Very Unsuitable (STS). The statements consist of favorable statements and unfavorable statements. Here are the criteria of Likert model answer used:

**Table 1: Answer Rating Table**

Alternative Answers	Favourable	Unfavourable
Very Match	5	1
Corresponding	4	2
Neutral	3	3
It is not in accordance with	2	4
Very Unsuitable	1	5

The scale of anxiety in the face of pre menopause in women used in this study is based on the symptoms in anxiety proposed by Litfiah, Maryati and Deliana (2006: 9), namely: mood, mind, motivation, anxiety, uncontrolled biological reactions . While the scale of family social support is structured based on the dimensions put forward by Sarafino (1998: 26), which includes: emotional support, instrumental support, informative support, and award support.

Based on the results of validity testing of 40 items of anxiety scale obtained results that 31 items declared valid with the coefficient of validity between 0.332 to 0.774. While based on the validity test results of 40 items of family social support scale, obtained the result that 29 items declared valid with coefficients ranging from 0.334 to 0.724.

Data analysis technique used in this research is by using Bivariate Correlation method to know the relation between social support of family with pre menopause anxiety.

## 6. Result and Discussion

Based on the results of research analysis with Bivariate Correlation method, then obtained rxy value of -0.451 and  $p = 0.03$ . This means that there is a relationship between family social support and anxiety in the face of pre menopause in women in Rt 007 Rw 06 Klender East Jakarta. The results of this study show that in everyday life, we experience many events that may cause anxiety. Actually anxiety is a reaction that can be experienced by anyone. The environment can be both satisfying and threatening, or in other words, the environment has the power to satisfy and reduce stress as well as to cause pain and increase stress, can be both pleasant and disturbing. Anxiety is an emotional state that is experiencing feelings of stress (frustration) or inner conflict (conflict). When a person is experiencing anxiety because of feelings or conflict, then the feeling will arise through various forms of conscious and unconscious emotions.

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Social support is one of the functions of social bonding, and these social ties describe the general level of quality of interpersonal relationships. Bonding and friendship with others is considered an aspect that gives emotional satisfaction in an individual's life. When a person is supported by the environment then things will feel easier, then expected a significant relationship between social support with anxiety in the face of pre menopause. This study mentions the relationship with the direction of negative correlation between social support family with anxiety in the face of pre menopause in women.

Based on the results of the categorization of each scale shows that the scale of anxiety has a mean find of 112.81

which is in the medium category and social support scale has mean findings of 108.30 who are in the medium category. Both variables have a negative correlation direction, which means there is a relationship between family social support with anxiety in the face of pre menopause. The higher the social support the family provides the lower the anxiety in the face of pre-menopause in women.

Everyone needs the presence of others in his life. Individuals can not live alone even though he is a very independent person. Family social support is the attitude, action and acceptance of the family to its members. Family members are seen as an integral part of the family environment. Family members find that supportive people are always ready to provide help and assistance if needed.

Thus, it means that social support is the physical and psychological comfort provided by others such as friends, and family members, Baron and Byrne (2005: 244). Social support shows an interpersonal relationship that protects the individual against the negative consequences of stress. Accepted social support can make individuals feel calm, cared for, loved, confident, and competent.

## 7. Conclusion

Based on the results of data analysis and discussion that has been described it can be drawn a conclusion that there is a significant relationship with the direction of negative correlation, which means the higher the social support provided that the lower the anxiety in the face of pre menopause in women.

Based on the results of the discussion, it is advisable for researchers who want to develop further research, should be able to connect with other variables such as self-acceptance related to anxiety before menopause that woman must understand all physical changes that happen to self, should also try to accept that fact with calm and other variables that can lower anxiety levels in the face of pre menopause.

In addition, it is advisable for women or mothers to be able to control their anxiety in the face of pre menopause by creating a positive motivation and suggestion in that self will reduce fear and affect the anxiety itself. It can also be done by families by providing social support, such as giving attention, quiet, counsel, trust, mutual help, mutual respect and useful information.

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