

CHAPTER 1

INTRODUCTION

1.1. Background

By 2030, the number of women around the world entering menopause is estimated to reach 1.2 billion people (WHO, 2014). In 2025 it is estimated that in Indonesia there will be 60 million menopausal women and in 2016 currently Indonesia reach 14 million menopausal women or 7.4% of the total population (Ayu, Sofiana, and Triwulandari, 2020). Menopause usually occurs at the age of 49-51 years. Meanwhile, the estimated average age of menopause in Indonesia is 50 years (Winarni and R, 2020). According to the Badan Pusat Statistik in 2020, the population women in Surabaya are 1,469,598 people with a total population women in the age group of 45-59 years and are estimated to have entered the age of menopause are as many as 279,613 people.

Based on the research study by Raharja (2017) about Fertility by Ethnicity in Indonesia : Analysis of 2010 Indonesian Population Census, people in certain ethnic or tribal groups may have their own different habits and traditions regarding fertility, decisions regarding age at first marriage, ideal number of children, sexual preferences, and methods to avoid pregnancy. All of these factors can directly or indirectly affect fertility (Raharja, 2017). While fertility itself will be associated with menopause. This is the reason why this study choose three big cities on different islands because later on the results will also be vary. In addition, this study is intended to be a large study so that later the results obtained are more widely spread.

Menopausal women experience several things in their transition phase such as clinical changes. Clinical symptoms that appear at menopause women are caused by the decrease in the estrogen hormone. But the symptoms that appear at each individual will differ from one another, because the symptoms are caused by many influences such as differences in lifestyle, socio-economics status, and differences in the way an individual perceives menopause itself. Three symptoms emerged as having good

evidence for linkage to menopause: vasomotor symptoms, vaginal dryness/dyspareunia, and difficulty sleeping/insomnia (Santoro et al, 2015).

Other than the clinical symptoms, menopause women can also suffer from mental health issue. Several theories have been proposed to explain the increase in depression during perimenopause. A traditional psychological view is that the ‘empty nest syndrome’ leads to feelings of loss and sadness. More recently, scientists have focused on the biological effects of hormonal fluctuations on mood, since this is a time when the ovaries begin to make less estrogen. Estrogen interacts with chemicals in the brain that can affect mood. In some women, the decrease in estrogen during perimenopause may lead to depression. Hot flushes and insomnia during this transition may also cause emotional distress. Thus can also lead to other psychological symptoms such as mood swings, irritability, and anxiety.

Related matters of menopause itself are pretty serious, but not many people have talked about this. There are only 59 publications regarding menopause, in contrast or comparison with the fact that the prevalence of menopausal symptoms is very high and will be experienced by all women eventually. For the reason that menopause is a natural change in women which is defined as the absence of menses for 12 months without a pathological cause.

1.2. Research Questions

1. What is the starting age of menopause in menopause women that obtained from this study?
2. What are the symptoms experienced by women during menopause and what are the most prevalent symptoms?
3. How does these symptoms affect their life?
4. What are the differences between perimenopause and menopause symptoms?

1.3. Research Purposes

Based on the formulation of the problem that has been described above, the objective of this research are :

1.3.1. General Purpose

To find out the clinical profile of menopause women aged 45-65 years old in Batam, Makassar, and Surabaya.

1.3.2. Specific Purpose

1. To identify at what age the women in Batam, Makassar, and Surabaya begin the period of menopause.
2. To identify the symptoms experienced by menopause women when entering menopause.
3. To see whether the menopause symptoms affect their life and how it affects their life.

1.4. Research Benefit

1.4.1. Academic Benefit

This research is expected to increase the clinical profile understanding of menopause women in the form of symptoms experienced.

1.4.2. Practical Benefit

This study is made to determine the most frequent symptoms experienced by menopausal women and to anticipate the symptoms that will present at menopausal women. Other than that, this study also used as an education for the community to improve their quality of life. This research can provide benefits to the community, in addition to increasing public awareness regarding menopause symptoms, this research can also be a material for information regarding early counseling related to menopause symptoms.