

**EXECUTIVE SUMMARY****SOCIAL SUPPORT MODEL TO DECREASE ANXIETY AMONG  
FEMALE MENOPAUSE IN DIWEK – JOMBANG REGENCY****By: Siti Kotijah**

Menopause is a developmental phase or natural change of women's lives when menstrual periods stop permanently due to the depletion of ovarian follicles. Most people perceive menopause as a terrifying phase of the woman that causes the psychological symptom. This condition is influenced by the change of hormone growth and needs to adapt to new things. It makes menopause more difficult and effects to psychological symptoms, such as anxiety. The female menopause with anxiety has high motivation to solve the problem and seek social support from family and friends. Social support is mental assistance in the form of emotional support, appreciation, instrument, and information that allow female menopause to feel safe and comfortable instead of anxiety. This study aimed at reducing the anxiety among female menopause using social support developed by Sheldon Cohen and adaptation theory developed by Lazarus and Folkman in Diwek – Jombang Regency.

This study applied explanatory research design with Cross-sectional approach. This study involved 197 female menopause in 11 villages in Diwek – Jombang Regency. The villages in Jombang Regency were Kayangan, Puton, Bendet, Bulurejo, Grogol, Jatirejo, Cukir, Ceweng, Bandung, Kedawong, and Ngudirejo. The data were collected using structured questionnaire and then analyzed by using Partial Least Square test. The independent variables were an individual factor, social network, stress, social support, and stress evaluation while dependent variable was anxiety. The researcher tried to identify and examine the strategic issue to each aspect in those variables. Afterward, the researcher pursued with model test and recommendation.

The results of the study showed that (1) individual factor did not significantly influence social network. The result of path coefficient using Partial Least Square Analysis was 0.054 and  $t=0.75$  ( $t < 1.96$ ); (2) Social network did not significantly influence stress. The result of path coefficient using Partial Least Square Analysis was -0.161 and  $t=2.28$  ( $t > 1.96$ ); (3) Stress did not significantly influence social support. The result of path coefficient using Partial Least Square Analysis was -0.026 and  $t=0.37$  ( $t > 1.96$ ); (4) Individual factor significantly influenced stress evaluation. The result of path coefficient using Partial Least Square Analysis was -0.056 and  $t=3.74$  ( $t > 1.96$ ); (5) Social network significantly influenced stress evaluation. The result of path coefficient using Partial Least Square Analysis was -0.147 and  $t=2.13$  ( $t > 1.96$ ); (6) Stress did not significantly influence stress evaluation. The result of path coefficient using Partial Least Square Analysis was 0.022 and  $t=0.32$  ( $t < 1.96$ ); (7) Social support significantly influenced stress evaluation. The result of path coefficient using Partial Least Square Analysis was -0.117 and  $t=2.02$  ( $t > 1.96$ ); (8) Social support significantly

influenced anxiety (path coefficient of -0.326 and  $t=5.25(t>1.96)$ ); and (9) stress evaluation significantly influenced anxiety. The result of path coefficient using Partial Least Square Analysis was 0.196 and  $t=9.07 (t>1.96)$ .

Finally, social support aimed at reducing anxiety among female menopause in Diwek – Jombang Regency. The strategic issue based on the result of Partial Least Square Analysis. This model showed that individual factor strongly influences stress evaluation; social network strongly influences stress and its evaluation; social support strongly influences stress evaluation and anxiety; and stress evaluation strongly influences anxiety. Hence, social support is highly recommended to reduce anxiety among female menopause by increasing stress evaluation from close relations.

**ABSTRAK****MODEL DUKUNGAN SOSIAL UNTUK MENURUNKAN KECEMASAN  
PEREMPUAN MENOPAUSE DI KECAMATAN DIWEK  
KABUPATEN JOMBANG****Oleh: Siti Kotijah**

**Pendahuluan:** Menopause merupakan proses perkembangan normal dalam kehidupan perempuan ditandai dengan penghentian menstruasi secara permanen yang berdampak pada gangguan psikologis berupa kecemasan. **Metode:** Desain penelitian menggunakan rancangan penelitian eksplanatif survey dengan pendekatan *cross sectional*. Penelitian ini meliputi 11 Desa di Kecamatan Diwek Jombang. Besar sampel penelitian 197 perempuan menopause. Teknik sampling penelitian menggunakan *Cluster Random Sampling*. Variabel Independen penelitian yaitu faktor individu, jaringan sosial, kejadian stress, dukungan sosial, penilaian stress dan variabel dependen penelitian yaitu kecemasan. Pengumpulan data menggunakan kuesioner yang terstruktur. Analisa data menggunakan uji *Partial Least Square* (PLS). **Hasil dan analisis:** 1) Faktor individu tidak memiliki pengaruh signifikan terhadap jaringan social (koefisien jalur 0,054,  $t = 0,75$ ). 2) Jaringan sosial memiliki pengaruh signifikan terhadap kejadian stress (koefisien jalur -0,161,  $t = 2,28$ ). 3) Kejadian stres tidak memiliki pengaruh signifikan terhadap dukungan social ( koefisien jalur -0,026,  $t = 0,37$ ). 4) Faktor individu memiliki pengaruh signifikan terhadap penilaian stress (koefisien jalur -0,256,  $t = 3,74$ ). 5) Jaringan sosial memiliki pengaruh signifikan terhadap penilaian stress (koefisien jalur -0,147,  $t = 2,13$ ). 6) Kejadian stres tidak memiliki pengaruh signifikan terhadap penilaian stress (koefisien jalur 0,022,  $t = 0,32$ ). 7) Dukungan sosial memiliki pengaruh signifikan terhadap penilaian stress (koefisien jalur -0,117,  $t = 2,02$ ). 8) Dukungan sosial memiliki pengaruh signifikan terhadap kecemasan (koefisien jalur -0,326,  $t = 5,25$ ). 9) Penilaian stres memiliki pengaruh signifikan terdapat kecemasan (koefisien jalur 0,196,  $t = 9,07$ ). **Kesimpulan:** Model dukungan sosial yang ditemukan sangat baik menurunkan kecemasan perempuan menopause dengan cara meningkatkan penilaian stres yang baik dan dukungan sosial dari orang-orang terdekat.

**Keywords: Penilaian Stres, menopause, kecemasan**

**ABSTRACT****SOCIAL SUPPORT MODEL TO DECREASE ANXIETY AMONG  
FEMALE MENOPAUSE IN DIWEK – JOMBANG REGENCY****By: Siti Kotijah**

**Introduction:** Menopause is a developmental phase or natural change of women's lives when menstrual periods stop permanently and cause the psychological symptom, anxiety. **Method:** This study applied explanatory research design with Cross-sectional approach. This study also involved 197 female menopause in 11 villages in Diwek – Jombang Regency. The participants were selected using Cluster Random Sampling. The independent variables were individual factor, social network, stress, social support, and stress evaluation while dependent variable was anxiety. The data were collected by using structured questionnaire and then analyzed by using Partial Least Square test. **Results and Analysis:** The results of the study showed that (1) individual factor did not significantly influence social network (path coefficient of 0.054,  $t=0.75$ ); (2) social network did not significantly influence stress (path coefficient of -0.161,  $t=2.28$ ); (3) stress did not significantly influence social support (path coefficient of -0.026,  $t=0.37$ ); (4) individual factor significantly influenced stress evaluation (path coefficient of -0.056,  $t=3.74$ ); (5) social network significantly influenced stress evaluation (path coefficient of -0.147,  $t=2.13$ ); (6) stress did not significantly influence stress evaluation (path coefficient of 0.022,  $t=0.32$ ); (7) social support significantly influenced stress evaluation (path coefficient of -0.117,  $t=2.02$ ); (8) social support significantly influenced anxiety (path coefficient of -0.326,  $t=5.25$ ); and (9) stress evaluation significantly influenced anxiety (path coefficient of 0.196,  $t=9.07$ ). **Conclusion:** Social support is highly recommended to decrease anxiety among female menopauses by promoting stress evaluation and social support from close relations.

**Keywords:** stress evaluation, menopause, anxiety