

# The Impact of Events Mother's Depression Due to Monopouse

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## ABSTRACT

The menopause can be frightening. Her body image may be impacted by the notion that she may age, become unwell, and lose her beauty. Women currently face particularly difficult issues because of changes in their physical health and issues resulting from these changes. This causes worry in the majority of women, which in turn affects their psychological well-being. A person with a depressed illness is unable to manage his circumstances or himself in order to revert to his pre-disordered state. or operate as usual, Study Goal: Examine how monogamy affects the prevalence of depression. The purpose of this literature review is to examine and look up a number of research journal articles that have been published online. The search databases are Pubmed and Google Scholar.

**Keywords:** impact, monopouse, occurrence of maternal depression

## BACKGROUND

Depression is a condition that affects a person's entire life, altering their eating and sleeping habits as well as their entire body, emotions, and thoughts. Being fatigued or indolent is not the same as having this illness. A person with depression disorder is unable to manage their illness and themselves in order to get better or resume their regular activities. In the absence of appropriate therapy, these symptoms impede an individual's ability to perform social, occupational, or other crucial tasks, and they linger. extend farther. A person suffering from depression can return to normal and improve faster with appropriate management (Benhard, 2017).

Depression does not just happen; it goes through stages that, if not sufficiently addressed, will lead to the development of depression. The onset of sensed anxiousness is one of the stages that comes before this. It's common for people to experience anxiety, especially in women. Women frequently experience anxiety in relation to family (spouse, kids), finances, health, and age-related changes in their lives. For women in particular, the physical changes associated with aging marked by the onset of the menopause period—are a major concern. due to the fact that most women do not want to lose their beauty in front of their spouses, kids, or other social situations.

Mulyani (2013) claims that a lot of women believe that menopause is frightening. Her body image may be impacted by the notion that she may age, become unwell, and lose her beauty. Physical appearance, thoughts about one's physical capabilities, and experiences with one's physical health are all components of one's body image. Body image disorders are among the conditions that affect women, particularly those who are premenopausal. Women will go through physical health changes and issues related to these changes, which will make this period extremely challenging for them. Most women will suffer anxiety as a result of these changes, which will negatively impact their psychological well-being.

Menopausal syndrome is experienced by many women almost all over the world, 70-80% of European women, 60% in America, 57% in Malaysia, 18% in China and 10% in Japan and Indonesia. Based on data from the Central Statistics Agency (BPS) with population projections for 2019, there are 5,320,000 Indonesian women entering menopause per year, while around 25 million women worldwide are estimated to experience menopause. Women entering menopause generally occurs at an average age of early 51 years or mid-50s. Data from the Ministry of Health in 2006 in Indonesia, the number of women who had experienced menopause had reached 30 million and 10% experienced anxiety. (BKKBN, 2020).

In Indonesia, 7.4% of the population is currently entering menopause, then it rose again by 14% in 2018. For Indonesian women, the number of women who have experienced menopause has reached 40 million. According to the data obtained, the most frequently reported symptoms were that 40% felt hot flashes, namely hot flushes felt in the upper body (neck, head and chest), 38% experienced difficulty sleeping, 37% felt tired quickly at work, 35% often forgot. , 33% were irritable, quick to anger, 35.5%, 26% experienced 3 pain in the joints and felt excessive headaches, 52.3% had wrinkled skin, and 52.5% gained weight (BKKBN, 2020).

Before menopause occurs, which includes the change from normal ovulatory cycles to the cessation of menstruation, the menopausal transition is known, which is characterized by menstrual cycle irregularities. In the average woman, accelerated follicular destruction and decline in fertility begin at age 37–38 years, and menopause follows approximately 13 years later (mean age 51 years). However, in epidemiological studies, approximately 10% of women in the general population experience menopause by age 45, possibly because they are born with a smaller pool of ovarian follicles than normal individuals that is functionally depleted at an earlier age. Menopause occurs when the number of remaining follicles falls below a critical threshold, around 1000, regardless of the woman's age (Hestiantoro et al, 2012).

The main factor in menopause is caused by the aging process of cells or body tissue, the impact of which is to reduce the production of the hormones estrogen and progesterone in a woman's body. Menopause is a new stage in the condition of the female reproductive organs when the menstrual cycle has stopped and this also means that the reproductive function no longer works. The cessation of menstruation has an impact on a woman's body. Women experience changes including physical and psychological aspects that can affect various women's lives (Wahyuningsih, 2007).

The changes experienced by a woman before menopause are physical and psychological changes. The physical changes that occur include vasomotor hot flashes, changes in the skin, vaginal dryness, night sweats, difficulty sleeping, changes in the mouth, bone brittleness, the body becomes fat and Psychological changes during menopause include irritability, depression, nervousness, loneliness, impatience, tension, weakness and depression, there are also women who feel they have lost their self-esteem due to decreased physical and sexual attraction, they also feel they are no longer needed by their husbands and their children and feel that they have lost their femininity due to lost reproductive function (Wahyuningsih, 2007).

To reduce depression and the impact of depression felt by some women who are facing menopause, one way is to get social support from the people closest to them, especially their husbands. Because if a husband accepts the situation his wife is experiencing, the woman will feel calmer. Apart from that, menopausal women must develop a high sense of self-confidence. By having high self-confidence, women are not easily influenced by other people and will accept the changes that occur to themselves happily. So that women experiencing menopause do not easily feel anxious and will feel calm enjoying their menopause period (Lestari, 2017).

Therefore, there is support that can be provided to mentally prepare premenopausal women to face menopause, namely informative support, emotional support, appreciation support and instrumental support (Suryani, Widyasih, 2010). One form of support is informative support containing information about menopause. This support is provided through counseling and health education from health workers or community health centers for premenopausal women who are about to experience menopause.

## **METHODS**

### **Idea of Theory**

Menstruation permanently ends with the menopause, which is preceded by the loss of ovarian function. Retroactively, the menopause is defined as the period of time after the final menstrual cycle that is followed by a year of amenorrhea. The Greek terms *men*, which means month, and *pausis*, which means cessation, are the source of the word menopause. The perimenopausal transition is the period of time between the end of menstruation and the regular ovulatory cycle (Schorge, 2018). A woman experiencing regular, cyclic, and predictable menstrual cycles, which are indicative of cycles with ovulation leading to the final menstrual period linked to ovarian age and menopause, may be experiencing transitional menopause, a continuous, progressive endocrinological process. The one and only symptom of transitional perimenopause is heavy menstruation. erratic.

### **The meaning of depression**

Depression is categorized as an affective disease and is a mental illness characterized by its primary symptom of sorrow. Over time, it is associated with somatic problems, psychomotor abnormalities, and other psychological symptoms. In common usage, the term "depression" refers to emotions of melancholy, depression, hopelessness, sorrow, and unhappiness. According to Ardhana in Soetjningsih (2007), depression can alternatively be viewed as a single disease with a typical clinical presentation, a brief history, and a connection to biological conditions, or as a collection of symptoms or syndromes that include cognitive, psychomotor, and vegetative alterations.

One mental illness that is common in society is depression. An individual may experience a depressive episode if their stress is left untreated. Rathus (in Lubis, 2019) states that emotional, motivational, functional, behavioral, and cognitive impairments are frequently present in depressed individuals. According to Mengel and Schwiebert (2016), depression is a mood illness (affect) that is defined by dystoric affect, or a lack of interest or delight in day-to-day activities, along with additional symptoms such changes in eating and sleep patterns.

Depression is related to situations that include feelings of sadness, depression, hopelessness, lack of self-confidence, and excessive self-blame. Someone who is depressed will tend to interpret negative thoughts about what happens in a depressed state when someone is depressed. According to Beck (Nevid, 2005), someone who experiences depression feels and behaves as a result of their negative perceptions and verbalism. A literature search conducted by Beck determined interesting consistencies regarding depression, such as decreased mood, sadness, pessimism about the future, retardation and agitation, difficulty concentrating, self-blame, slow thinking and a series of vegetative signs such as disturbances in appetite and disturbance in sleep.

## **RESULTS**

Hellena Hildegard (2018) conducted research on the prevalence of depression in menopausal women in rural and urban areas. The study's findings indicate that menopausal women in villages have a higher incidence of depression (29.9%) than in cities (17.2%) with a p-value of 0.049. In rural areas, there is a significant difference in age factors: the probability of depression is higher in those aged 56–65 (38.5%) compared to 44–55 (17.1%) ( $p=0.033$ ).

Yumei Astutik (2017) found that the study on PKK mothers in Sidomulyo Village, Batu Kota Batu District, revealed that the study's findings on the influence of menopause on the depression tendency of PKK mothers. The Freg value is 32.182, indicating that 32.182 percent of women who have entered the menopausal era experience depression as a result of menopause. It is theoretically believed that negative beliefs of menopause contribute to sadness in women entering the menopause. Based on a study by R.A. Helda Puspitasari and Evy Aristawati (2020), anxiety levels in premenopausal women are correlated with the premenopausal phase. Research findings in Miftakhul Ulum, Pasuruan Regency, indicate that women's.

## **DISCUSSION**

Yumei Astutik (2017) conducted research on the Influence of Menopause on the Depression Tendency of PKK Women in Sidomulyo Village, Batu District, Batu City. The study's findings indicate that 32.182 percent of women have reached menopause, while 67.818 percent of women have other causes of depression that are not related to menopause. How a person views menopause has a big impact on how severe the effects of the onset of menopause are. Stress is hard to avoid and can even turn into depression for women who view menopause as a terrifying event that stresses them out and who want to reject or avoid it. They feel extremely miserable since they have lost the markers of femininity that have historically made them feel proud of themselves.

According to research conducted by Triani Rosanti (2017) regarding the relationship between self-image and anxiety levels in menopausal mothers in Tlogosuryo, Tlogomas sub-district, Lowokwaru sub-district, Malang, the results of the research show that the anxiety experienced by respondents is not only due to a decrease in body function during menopause, but because there are factors. Another is menopausal mothers who are lonely or live alone. The level of mild anxiety experienced by respondents, anxiety facing menopause is a feeling of anxiety, worry about physical, social and sexual changes related to menopause. Feelings of dissatisfaction with self-image and low self-esteem indicate a disturbance in self-concept.

According to research conducted by Rahayu Asih Indah (2018) regarding the relationship between knowledge and maternal readiness in facing menopause in Krandon Hamlet, Malang, Sumberagung Moyudan, Sleman, Yogyakarta, the results of the research show that knowledge about menopause is a determining factor in efforts to adapt to normal changes in the life cycle that occur. every woman will experience it and there is no need for treatment or excessive unpreparedness in facing and undergoing menopause. This knowledge is very important for perimenopausal women so that mothers are better prepared to face menopause so that women do not engage in wrong behavior when facing menopause.

During menopause, a woman's ovaries will experience aging, so they are unable to meet the hormone estrogen. The hormonal system of the entire body experiences a setback in releasing its hormones. So this can affect a woman's attitude towards physical and psychological changes, such as loss of self-confidence, loss of desire and ability to have coitus, and loss of her husband's love. For women who have a negative attitude, feelings will arise that interfere with their activities, such as worry, fear and anxiety when facing menopause. The psychological changes experienced by a woman approaching menopause include feeling old, no longer attractive, feeling depressed about getting old, being irritable, easily startled so that the heart starts pounding, fear of not being able to meet her husband's sexual needs, decreased sexual desire and difficulty achieving satisfaction (orgasm). ). They also feel useless and do not produce anything, feel like they are a burden on their family and other people (Manuaba, 2016).

From the discussion above, according to the researcher's assumption that menopause has a very psychological influence on women themselves, where if a woman lacks knowledge

about menopause, the woman can experience stress due to lack of knowledge, so it is necessary to provide knowledge about menopause to women so that in the future Today they can find out what menopause itself is, there are several factors that influence menopause in mothers, namely the attitude of pre-menopausal mothers towards readiness to face menopause due to their level of education and employment, thus influencing respondents' attitudes towards changes during menopause. A positive attitude from mothers who are about to face menopause can divert unpleasant feelings into positive things by doing useful activities. Positive acceptance of menopause as an effort to prepare oneself physically and psychologically from an early age.

### **Identifying maternal depression with Manopause**

According to research conducted by Yumei Astutik (2017) on the Influence of Menopause on the Depression Tendency of PKK Mothers in Sidomulyo Village, Batu District, Batu City, the results of the research show that according to the cognitive approach in psychology, basically emotional disorders such as fear, anxiety, stress and depression what humans experience is largely determined by how the individual assesses, interprets, perceives and assesses the arrival of menopause, which will have an influence on their emotional-psychological condition. If women view and perceive menopause as "terrible", then they will face menopause with anxiety, fear, stress and even depression. Depression about the arrival of the menopause period is generally made worse by the existence of myths about menopause. Most of the myths or beliefs that have developed in society about menopause are so believed that they lead women to experience negative feelings when experiencing menopause. Negative feelings that often accompany are no longer beautiful, worthless, not needed, old, not a real woman.

According to research conducted by Lastiur Sinurat (2018) regarding the relationship between maternal knowledge and attitudes and anxiety about facing menopause in the Aek Simotung sub-district, South Tapanuli Regency in 2018, the results of the research show that the attitude of post-menopausal mothers towards readiness to face menopause is due to their level of education and employment, thus influencing the respondents' attitudes. of changes during menopause. A positive attitude from mothers who are facing menopause is able to divert unpleasant feelings into positive things by doing useful activities. Excessive levels of anxiety make it possible to have wrong thoughts, giving rise to a negative attitude towards menopause. Having support and strength within ourselves can reduce mothers' anxiety in facing menopause so that they are better prepared to accept the arrival of menopause. This readiness makes respondents think positively and will prepare for menopause positively too.

### **CONCLUSION**

Recognizing menopause's impact on mothers. The research's findings indicate that menopause has a significant impact on women. Therefore, it follows that educating women about menopause can help them avoid experiencing stress as a result of ignorance. This way, women will be better equipped to understand menopause in the future and be able to make an informed decision. Based on the analysis and findings of the journal mentioned above, it is possible to draw the conclusion that menopause in women can result in anxiety and depression in the individual woman. When examining how menopause affects the prevalence of mother depression, it becomes clear that menopause affects the likelihood of maternal depression.

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