



## Care Behavior on Postmenopausal During Covid-19 Pandemic in The Medan Johor District Area

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### ABSTRACT

Reproductive health issues, especially maternal and infant health, are a priority and require special care during the COVID-19 pandemic. One of the groups at high risk of contracting the COVID-19 virus is people in the elderly age group, especially mothers in the menopause stage, which is categorized as a comorbid group. An assessment of the knowledge and attitudes of postmenopausal mothers in health care is important to maximize action in the treatment and prevention of disease. This type of research is a descriptive study that aims to describe behaviors, especially the knowledge and attitudes of postmenopausal mothers. The population of all menopausal mothers in the Medan Johor sub-district with a sample of 128 people. Data collection was carried out using questionnaires, which consisted of demographic data, and knowledge and attitude data. Univariate data analysis using frequency distribution and presentation. The results of the study found that the knowledge of postmenopausal mothers was in a low category, namely around 48%, and negative attitudes of 52% related to health care during the COVID-19 pandemic.

**Keyword:** Covid-19, Menopause, Care, Knowledge, Attitudes

### 1. Introduction

One of the age groups that are very important to pay attention to related to reproductive health is the elderly age group, especially postmenopausal mothers. Climacteric menopause "life changes" are described as the physiological cessation of menstruation associated with ovarian malfunction, during which reproductive function decreases and ends.

Elderly and mothers who enter the stage of menopause which is a vulnerable group with health problems, because they are at high risk of contracting diseases including the covid-19 virus or what is referred to as comorbid. This is related to the ability and strength of the body's immune system in the face of virus attacks has begun to decrease. In addition, behavioral factors, especially knowledge and attitudes, play an important role in treatment and decision-making in overcoming health problems (Bobak et al., 2005).

Physical and psychological treatment is important to minimize the impact of menopause and avoid infection with the COVID-19 virus, as a result of the immune system that has decreased. The mother's menopause period will experience changes in the entire system including hormonal production which is decreasing so it will have an impact on physical and psychological health.

During the covid-19 pandemic, the Medan Johor sub-district area was affected by the covid-19 spread area which was categorized as high and included in the red zone area in 2021 in the city of Medan. The number of cases of people infected with covid-19 based on data from the head of the village and sub-district of Medan Johor was recorded at around 210 people, of whom around 80% were in the elderly stage, with an age between 50-70 years. Based on Law no. 13 of 1998, the limit on old age is someone who has an age of about more than

60 years, and women who experience menopause are in the age range of 49-52 years. About 22-63% of Asian women state that they have complaints during menopause they are experiencing. Reproductive health in old age, especially until now, has not received enough attention compared to other age groups.

This is related to the risk of diseases related to reproductive health in old age quite often experienced by society and is considered a matter of course. According to Nasution (2021), menopause conditions in elderly women are one of the most important things to pay attention to in reproductive health. This condition will have an impact and can be a serious problem for women's health. Some health problems at the age of menopause such as hormonal deficits, psychosocial and other diseases.

Menopause symptoms will usually arise at the beginning of the menopause phase with symptoms that will be determined by lifestyle behavior, character, and the influence of the surrounding environment. Some of the symptoms can be a hot flush, impaired camping system, symptoms of somatic disorders, the appearance of excessive sweating at night, and the presence of a decrease in libido (Czeizel & Vereczkey, 2012).

Research shows that around 50% of women during menopause will experience insomnia, experiencing a fairly drastic decrease in libido compared to previous conditions. Other symptoms can be physical symptoms in the elderly in the form of skin that begins to dry and thin which is accompanied by a state of hair loss. Calcium levels in a woman's body are also expected to decrease by 35-45% when entering menopause (Mediawati & Setyarini, 2020).

The state of menopause in elderly women does have a fairly serious impact on women's health. Not only on his reproductive health but also his physical health in general. Medically, overcoming menopause problems can be done with Hormone Replacement Therapy (HRT). alternative programs and management of behavior, and lifestyle including diet, vitamin consumption, and exercise. Self-care can reduce the problem of a hot flush, by using clothes made of cotton, and reducing foods or drinks containing caffeine or alcohol. Avoid spicy foods and hot drinks, and do not smoke, drink or eat foods made from soy. Vaginal dryness can be overcome by using vaginal creams or lubricants to reduce pain during sexual intercourse.

For problems of elimination and frequent uncontrolled urination, do exercise with "Kegel Exercise". Conducting regular reproductive health checks is important to detect the symptoms of diseases or abnormalities such as cancer, tumors, or other diseases. Conducting regular pap smear checks, and managing an independent lifestyle by involving the family in daily life (Nasution et al., 2014).

Counseling on health, including reproductive health, is important in educating and increasing public knowledge. Providing information about the importance of self-care by improving the body's immune system through community empowerment is one of the things that must be applied during the current Covid-19 pandemic.

## **2. Method**

This research is descriptive quantitative research that aims to determine maternal behavior, especially knowledge and attitudes in carrying out health care during the pandemic-covid-19. The population of all menopausal mothers in the Medan Johor sub-district with a sample of 128 people, was carried out from May to August 2021 in the Medan Johor sub-district area. This research has received ethical approval from the research ethics committee Universitas Sumatera Utara with number 600/KEP/USU/2021. Data collection was carried out by visiting menopausal women when conducting recitation gatherings at the Mozasa mosque with the criteria of mothers who had experienced menopause and were willing to become research participants. This research using a questionnaire consisting of 3 parts, namely demographic data, knowledge, and maternal attitudes. Data analysis is carried out univariately with frequency distribution and presentation.

## **3. Result**

### *3.1. Characteristics of respondents*

The characteristics of respondents' data describe the majority of mothers being at the age of 51-65 years, elementary to junior high school education, not working, and living with family. More details can be seen in the table as follows:

Table 1. Frequency distribution and percentage of respondent characteristics (n=128)

Characteristics of	Frequency	Percentage (%)
Mother's current age (years)		
a. <50	30	23,4
b. 51-65	73	57
c. > 65	25	19,6
Menopausal age (years)		
a. <50	32	25
b. 51 s/d 60	64	50
c. > 60	32	25
Education Level		
a. Low ( Primary School – Secondary School)	71	56
b. High ( High School - University)	57	44
Types of Work		
a. That works	34	26.6
b. Not working	94	73.4
Parity		
a. 1	26	20
b. 2-3	47	36.7
c. >3	56	43.3
Ethnic		
a. Batakese	59	46.1
b. Javanese	35	27.3
c. Padang	15	11.7
d. Malays	19	14.9
Family income		
a. According to UMP (Provincial Minimum Wage)	48	37.5
b. < UMP : Rp. 3.222.526	32	25
c. > UMP	48	37.7
Home/residence status		
a. Own home	50	39
b. Living with other families (children/daughters-in-law, etc.)	78	61
Total	128	100

3.2. *The behavior of postmenopausal mothers in reproductive health care during the COVID-19 pandemic, especially knowledge and attitudes. The knowledge of mother can be described in the table as follows :*

Table 2. Frequency Distribution of menopausal maternal knowledge in reproductive health care during the COVID-19 pandemic (n=138)

Knowledge	(f)	(%)
High	22	17
Medium	46	35
Low	60	48
Total	128	100

Based on the table above, maternal knowledge in general in the low category is around 48%.

The behavior related to attitude can be described in the table as follows :

Table 3. Frequency Distribution of postmenopausal mothers' attitudes in reproductive health care during the COVID-19 pandemic (n=138)

Attitude	(f)	(%)
Positive	61	48

<b>Attitude</b>	<b>(f)</b>	<b>(%)</b>
Negative	67	52
Total	128	100

In general, the mother's attitude is negative around 52% although it is still balanced with a positive attitude.

#### **4. Discussion**

People's behavior in reproductive health is closely related to the care carried out in everyday life. Some of the components related to behavior are knowledge, attitudes, and actions depicted in everyday life. Menopausal mothers' behavior is very important to study in reproductive health care. The menopausal condition can be interpreted as a state of complete physical, mental, and social health that is not only free from disability but includes all aspects related to the health of the reproductive system including its functions and processes (Ode, 2012). Menopause is a stage in the process of reproductive health of a woman. Climacteric menopause "life changes" are described as the physiological cessation of menstruation associated with ovarian malfunction, during which reproductive function decreases and ends. Elderly and mothers who enter the stage of menopause are vulnerable groups to health problems because they are at high risk of contracting the disease (Sebtalesty & Mathar, 2019).

The covid-19 pandemic situation is a special concern in the care of menopausal mothers because their physical condition has regression. One of the groups at high risk of contracting the covid-19 virus is people in certain age groups in reproductive health including pregnant women, parturients, puerperium, babies, and elderly groups, especially mothers in the menopause stage, this group is categorized as comorbid (Task Force for the Acceleration of Covid-19 Handling, 2020). This is related to the decreasing hormonal system and the body's ability and immune strength that is decreasing in the face of virus attacks. The results showed that maternal knowledge in care during menopause in the covid-19 situation, in general, was a low category, which was around 48% with a negative attitude of 52%. The results of the interview also obtained data on problems that are often faced in general anxious about the current situation with the Covid-19 pandemic.

Fear of contracting diseases, especially the covid-19 virus, due to an old condition and often sickly and lack of appetite. This is in accordance with the results of research that explains that the impact of the menopause process causes problems in life, namely physically feeling more sensitive to various diseases, frequent dizziness, pain throughout the body, fatigue, and no appetite (North American Menopause Society, 2016). Psychologically often forgets, is irritable, often anxious, and has insomnia (Yulistina et al., 2017). The lack of maternal knowledge and negative attitudes that occur are related to situations that explain that so far there has never been a health intervention related to health counseling, especially in old age and menopause care (Reproductive health in old age in general is currently not getting enough attention compared to other age groups. This condition can pose a risk of diseases related to reproductive health in old age is considered a common thing and is not a problem (Nasution, 2021). Conceptually, the elderly age group, especially menopausal mothers, is very at risk of disease due to a decreased immune system and weak physical condition, so it needs special care and attention (Shuman, 2013). Providing information by conducting health counseling to the public related to menopause care physically and psychologically is important to improve maternal behavior and minimize problems as an impact or effect of the menopause process. This is in accordance with the results of research that states that menopause can cause serious consequences for women's health. This condition will be aggravated by the covid-19 situation and the community environment that is at risk of contracting covid. The data from the study shows that people in the Medan Johor sub-district area are people with high mobility with activities that often leave the city. Residents move frequently and many newcomers. This condition is a high-risk factor and is likely to increase the spread of covid-19 in the Medan Johor sub-district.

In general, the behavior of mothers in menopause care during the Covid pandemic, especially knowledge, is included in the low category. Maternal education is mostly elementary-junior high school level. Education and knowledge in menopause care during the Covid-19 pandemic are related. This is in accordance with the concept that explains that factors of education and experience of a person can influence in choosing decision-making and carrying out health actions. This opinion is in accordance with the theory that knowledge can improve emotional control, increase client independence, increase self-esteem, increase endurance as well as can help clients to adapt to problems or diseases that can ultimately improve health status. One way that can be done to increase public knowledge is through education and counseling. Counseling on health, especially reproductive health, is important in educating the public (Nasution et al., 2019). Providing information and the importance of self-care by improving the immune system through community empowerment is one of the things that must be applied during the current pandemic covid-19. Provision of health information needs to be

given to the community, but before counseling is carried out, menopause mothers should be studied because education is closely related to understanding and attitudes in receiving health information. This is in accordance with the concept that explains that one of the influencing factors in health behavior is the level of education. In the psychological or mental aspects, a person's level of thinking is maturing. Knowledge is also influenced by the experience possessed by respondents. This is in accordance with the opinion that a person's knowledge tendency will be better with more experience compared to minimal experience.

External factors are the dominant factors in influencing knowledge, one of which is: access to information. The factors that influence a person's perception are the person concerned or the knowledge possessed by the target of that perception and the factors of the situation. The factor of the person concerned himself or the knowledge possessed is that if a person sees something and tries to give his interplay about what he sees, this condition is influenced by individual characteristics and knowledge that also influences such as attitudes, motives, interests, experiences, and expectations. Attitudes can be positive, that is, there is a tendency for actions to approach, like, and expect certain objects so that they are applied in the form of actions. Negative attitudes are the tendency to avoid, stay away from, and distrust or believe objects. Attitude can be knowledge, but knowledge is accompanied by a willingness to act according to knowledge. This is in accordance with the statement that in determining attitudes, knowledge plays an important role. The existence of knowledge can make man develop what he knows and can overcome the needs of life so that it will affect attitudes. The development of intelligence, the increase in experience, as you get older, you can form a separate attitude towards an object (Pulungan et al., 2020).

Education and knowledge of the community, especially postmenopausal mothers in health care related to the incidence of covid-19. This is in accordance with the opinion that says that age can affect a person's knowledge because the older a person is, there will be changes in the psychological aspects. Knowledge is also influenced by the experience possessed by respondents (Nasution et al., 2019). According to Notoatmodjo (2007) that there is a tendency that a person's knowledge will be better with more experience than with less experience. The factor of the person concerned with herself or the knowledge possessed is that if a person sees something and tries to give his interplay about what he sees, it is influenced by individual characteristics and knowledge that also influence such as attitudes, motives, interests, experiences, and expectations. Attitudes can be positive, that is, there is a tendency for actions to approach, like, and expect certain objects so that they are applied in the form of actions. Attitudes can be negative which is the tendency to avoid, stay away from, and distrust or believe in certain objects (Setiyani & Ayu, 2019). Attitude can be knowledge, but knowledge is accompanied by a willingness to act according to knowledge. Based on data analysis, it was found that more than 50% of mothers know in the less category. This is in accordance with the statement that in determining attitudes, knowledge, plays an important role. In this case, the knowledge and attitudes of the community, especially mothers, play an important role in overcoming the problem of menopausal mothers and avoiding infection with the COVID-19 virus (Task Force for the Acceleration of Covid-19 Handling, 2020).

## **5. Conclusion**

Knowledge of postmenopausal mothers is in a low category, which is around 48% in health care during the Covid-19 pandemic. In general, postmenopausal mothers are negative, namely 52% related to health care during the Covid-19 pandemic. Community involvement in carrying out health counseling must be optimized, especially the role of cadres and families in carrying out postmenopausal maternal health care during the Covid-19 pandemic. The provision of information is carried out continuously and continuously by providing leaflet media, modules, and banners about health care for the elderly, especially menopausal mothers, to avoid the attack of covid-19.

## **Conflict of Interest**

Difficult to determine the time contract for the participants because they have a lot of other activities and activities

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