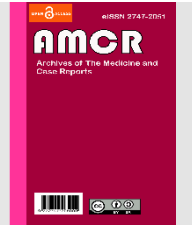




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Providing Husband Support Affects Wife's Anxiety Level in Facing Menopause

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ABSTRACT

Menopause is a hormonal change experienced by women as they get older. These hormonal changes can cause a variety of physical and psychological symptoms, including anxiety. Husband's support is one factor that can influence a wife's anxiety level in facing menopause. This study aims to determine the effect of providing husband support on wives' anxiety levels in facing menopause. This research uses an analytical survey method with a cross sectional approach. The research sample was 50 women aged 45-55 years who were experiencing menopause. Data was collected using a husband's support questionnaire and an anxiety level questionnaire. The results of the research show that there is a significant relationship between the husband's support and the wife's level of anxiety in facing menopause. The higher the husband's support, the lower the wife's anxiety level. The conclusion of this study shows that husband's support can play a role in reducing wives' anxiety levels in facing menopause.

1. Introduction

Menopause is a hormonal change experienced by women as they get older. Menopause is marked by the cessation of menstruation for 12 consecutive months. Menopause usually occurs at age 45-55 years but can occur earlier or later in some women. The hormonal changes that occur during menopause can cause a variety of physical and psychological symptoms, including anxiety. Anxiety is a condition characterized by feelings of anxiety, worry, and restlessness. Anxiety can interfere with daily activities and reduce quality of life. Husband's support is one factor that can influence a wife's anxiety level in facing menopause. The husband's support can be in the form of emotional support, instrumental support, and informational support.¹⁻³

Emotional support is support provided by the husband to provide a feeling of comfort, confidence,

and love. Emotional support can be done by being a good listener and giving attention to your wife, expressing love and affection to her, providing encouragement and motivation to her, and accepting her as she is. Instrumental support is support provided by the husband to help the wife in completing daily tasks. Instrumental support can be provided by Helping the wife in taking care of the household, Helping the wife in taking care of children, and helping his wife in carrying out her activities. Information support is support provided by the husband to provide information about menopause. Information support can be provided by reading and learning about menopause, discussing menopause with wives, and helping wives get accurate information about menopause. Husband's support can play a role in reducing the wife's anxiety level in facing menopause because the husband's support can provide the



following benefits: Helping the wife to feel more comfortable and loved, Increasing the wife's self-confidence, reducing wife's stress, helping wives to understand the changes that occur during menopause. By getting support from her husband, the wife will feel more prepared and confident in facing menopause. The wife will also feel more comfortable and loved, thereby reducing feelings of anxiety and worry.⁴⁻⁷ This study aims to determine the effect of providing husband support on wives' anxiety levels in facing menopause.

2. Methods

This research uses an analytical survey method with a cross-sectional approach. The research sample was 50 women aged 45-55 years who were experiencing menopause. Inclusion criteria were women who had experienced menopause for at least one year and were not pregnant or breastfeeding at M Health Center, Purwakarta Regency, Indonesia. Exclusion criteria were women who had serious physical or mental illness. Data was collected using a husband's support questionnaire and an anxiety level questionnaire. The husband's support questionnaire consists of 20 items measuring emotional support, instrumental support, and information support. The anxiety level questionnaire consists of 21 items that measure the level of anxiety based on a Likert scale. Data analysis was carried out using the Spearman correlation test.

3. Results and Discussion

The results of the study showed that there was a significant relationship between the husband's provision of support and the wife's level of anxiety in facing menopause ($r = -0.41$; $p < 0.05$). This means that the higher the husband's support, the lower the wife's anxiety level. The results of this study are consistent with the results of previous research, which shows that the husband's support can play a role in reducing wives' anxiety levels in facing menopause.

Husband's support can provide the following benefits: Helping the wife to feel more comfortable and loved, Increasing the wife's self-confidence, Reducing the wife's stress, and Helping wives to understand the changes that occur during menopause. These benefits can help wives reduce feelings of anxiety and worry.

Emotional support can help a wife feel more comfortable and loved. For example, a husband can listen attentively to what his wife feels, provide encouragement and motivation to his wife, or express love and affection to his wife. Instrumental support can help wives reduce stress. For example, a husband can help his wife by taking care of the household, taking care of the children, or carrying out her activities. Informational support can help wives understand the changes that occur during menopause. For example, husbands can read and learn about menopause, discuss menopause with their wives, or help their wives get accurate information about menopause. By providing support to their wife, husbands can help their wives experience menopause better.⁸⁻¹¹

Husband's support can also help wives to overcome the physical and psychological symptoms of menopause. For example, husbands can help wives to Manage hot flashes by helping wives to find ways to manage hot flashes, such as by wearing loose and comfortable clothing, drinking lots of water, or avoiding foods and drinks that can trigger hot flashes and providing support. emotional to the wife when the wife experiences hot flashes. Overcoming insomnia by Helping the wife to create a comfortable sleeping environment, such as by making the bedroom dark, quiet, and cool; Helping your wife develop a good sleep routine, such as going to bed and waking up at the same time every day; Provide emotional support to the wife when the wife is having difficulty sleeping. Manage mood changes by Helping the wife to identify triggers for mood changes, such as stress, fatigue, or hormonal changes; Help your wife develop strategies for managing mood swings, such as by exercising,



meditating, or talking to a therapist; Provide emotional support to the wife when the wife experiences mood swings. By providing support to their wife, husbands can help their wives go through menopause more comfortably and more easily.¹²⁻¹⁴

4. Conclusion

The husband's support can play a role in reducing the wife's anxiety level in facing menopause.

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