

Loneliness Contributes To Psychological Well Being Of Women Approaching Menopause

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Abstract

Psychological Well-Being describes individual functioning through self-acceptance. At every stage of human development, there will be changes both physically and psychologically that require a process of self-adjustment. Women approaching menopause are considered as women heading towards premature aging. During the phase before menopause a woman will feel the signs of menopause which vary depending on the amount of estrogen levels in the body. One of the prominent psychological complaints during menopause is loneliness. A subjective experience experienced by individuals when hopes and expectations regarding an interpersonal relationship do not match reality. This experience is often felt by women approaching menopause. The study aims to analyse the relationship between loneliness and psychological well being. The research method used is correlational with a cross sectional approach in 100 female populations approaching menopause. The sample technique used was purposive sampling. The research instruments consisted of the UCLA Loneliness Scale Version 3 and RYFF'S Psychological Well-Being. Statistical analysis used with Pearson correlation test (Product Moment). The independent variable in this research is loneliness, while the dependent variable is the psychological well being of women approaching menopause. The results showed that there was a significant relationship between Loneliness and Psychological well being of women before menopause. Women before menopause who have a high level of psychological well being, almost all are in a low level of loneliness. These results are in accordance with the theory that psychological well being will affect the way a person interacts and socialises, and this will affect one's behaviour as well as one's level of loneliness. If someone with good Psychological Well being eats the level of Loneliness in women approaching menopause will be low.

Keywords: Loneliness, Menopause, Psychological Well Being

INTRODUCTION

Psychological well being (PWB) describes individual functioning through self-acceptance, having a life purpose, having independence, having positive relationships with others, being able to master the environment, and having personal growth (Fadhil, 2021). At every

stage of human development, there will be changes both physically and psychologically that require a process of self-adjustment, including the elderly. Psychologically, the elderly can suffer from mental health problems such as major depression, anxiety disorders, loneliness,

post-down syndrome, empty nest syndrome and so on (Ahmad et al., 2017). To know psychological well being, positive mental health must also be measured, how individuals view their potential (Murniasih, 2013). Women approaching menopause are considered as women heading towards premature aging or elderly, in Indonesia the prevalence of menopausal women is 11.54% of the population in 2020 (Setiawan et al., 2020).

Menopause is the phase when a woman stops having menstruation due to a decrease in ovarian hormones (Coryah, 2018), which is a natural process towards aging. Menopause usually begins when a woman stops having menstruation for 12 months (AlDughaiter et al., 2015). Approaching the menopause phase, a woman usually experiences several changes called the transition phase (perimenopause) (Johnson, 2020). During this phase a woman will feel signs of menopause that vary depending on the amount of estrogen levels in the body.

Psychological complaints that stand out during menopause are characterised by irritability, erratic mood, forgetfulness, anxiety, difficulty sleeping, depression, nervousness, loneliness, impatience, tension, stress, and depression (Marettih, 2020). Loneliness is a subjective experience experienced by individuals when hopes and expectations regarding an interpersonal relationship do not match reality (Nurdiani,

2018). Loneliness is a universal phenomenon that can occur to anyone regardless of gender, religion, and age (Sagita & Hermawan, 2020). The dimensions of loneliness are personalities, social desirability and depression loneliness (Noya & Soetjningsih, 2022). Loneliness

Women approaching menopause in Rancanumpang Gedebage village showed an emotional dimension of mood (66%) and feeling depressed (depression) (57%), the sexual dimension with a partner showed dissatisfaction (97%) and hoped that good things would happen to her more (64.75%), as well as personal recognition in the community and work that was felt to be lacking (43%). These data suggest the potential for a woman approaching menopause to feel lonely needs to be analysed.

RESEARCH METHOD

The research method uses correlation with a cross-sectional approach. The population in this study were 100 samples or all women of menopausal age (40-64 years) in Rancanumpang Village, Bandung City. Sampling was done by purposive sampling with inclusion criteria 1) Experiencing irregular menstruation or no menstruation for at least the last 1 year; 2) No history of disease or surgery on the uterus and ovaries; 3) not currently using hormone therapy and exclusion criteria have psychiatric disorders.

The instrument used in this study consists of the UCLA Loneliness Scale Version 3 (Nurdiani, 2018) and to measure the psychological well being of women approaching menopause, the RPWB (RYFF'S PSYCHOLOGICAL WELL-BEING) was used. Researchers tested the validity and reliability of the UCLA instrument with the results of $r = 0.632$, and reliability 0.88 , while the results of the RPWB instrument test $r = 0.632$, with reliability 0.93 , concluded that both instruments are valid and reliable. Data collection was carried out primarily on samples that had been identified according to the criteria assisted by an enumerator, namely cadres in Rancanumpang village. Data analysis in the study was carried out univariate and bivariate. The bivariate statistical analysis used with the Pearson correlation test (Product Moment) with the help of the IBM SPSS 25 program. The independent variable (free) in this research is loneliness, while the dependent variable (bound) is the psychological well being of women approaching menopause (Ahyar et al., 2020).

RESEARCH RESULT AND DISCUSSION RESULT

The results of research on women of menopausal age (40-64 years) in Kelurahan Rancanumpang ung as shown in the following tables:

Tabel 1. Frequency Distribution of Demographic data of women approaching menopause in Rancanumpang village

Variable	Frequency	Percentage
Marital Status		
Marries	75	75 %
Divorced	25	25 %
Deceased		
Family planning (KB)		
IUD	38	38%
Implan	6	6%
PII	26	26%
Injectable	20	20%
No birth control	10	10%
Menstrual Cycle		
Regular	73	73%
Irregular	24	24%
Not	3	3%
Menstruating		
TOTAL	100	100%

Demographic distribution data of women approaching menopause in Rancanumpang village, based on the category of marital status is 75% married, the use of family planning as much as 38% using Kb IUD, and regular menstrual cycles in 73% of respondents.

Tabel 2. Frequency distribution of Loneliness levels in Women approaching Menopause in Rancanumpang village, Bandung City

Loneliness Level	Frequency	Percentage (%)
Low	26	26
Medium	49	49
High	25	25
Total	100	100

The results showed that the level of Loneliness in women approaching

Menopause was mostly at a moderate level, namely 49% or felt by 49 women in Rancanumpang village.

Tabel 3. Frequency distribution of Psychological Wellbeing in women approaching menopause in Rancanumpang Village

Psychological WB	Frequency	Percentage (%)
Low	14	14
Medium	69	69
High	17	17
Total	100	100

The results of the study based on table 3.3 show that the Psychological Wellbeing category is moderate, namely 69% or felt by 69 women approaching menopause in Rancanumpang Village.

Tabel 4. Relationship between Loneliness and Psychological Well Being of Menopausal Women in Rancanumpang Village, Gedebage Subdistrict, Bandung City

Variabel	Loneliness			Total
	Low	Medium	High	
PWB	4	9	1	14
	11	34	24	69
	11	6	0	17
	26	49	25	100

Analysis of the correlation test or relationship between Loneliness and Psychological Well Being in women approaching menopause indicates a significant relationship with a P value of 0.001. The relationship between the two variables produces a significance value of -0.333, which is a moderate relationship.

DISCUSSION

Loneliness can occur in all individuals, all ages, and all roles in life to fulfil social needs. Emotional loneliness is assumed to refer to the absence of attachment figures (along with feelings of isolation) and social loneliness due to the lack of social networks, the absence of a circle of people who allow one to develop a sense of belonging, togetherness, being part of society. Loneliness and isolation put people at risk of social vulnerability or frailty; which will lead to social exclusion, poverty, lack of social support resources for individuals. Furthermore, social vulnerability is closely linked to physical frailty and mortality (Yanguas et al., 2018).

Loneliness is usually considered a psychological manifestation of social isolation, a reflection of the dissatisfaction individuals experience regarding the frequency and closeness of their social contacts or the gap between the relationships they have and the relationships they would like to have (Marcus et al., 2017). Women approaching menopause are often characterised by loneliness. Research has shown that loneliness is associated with depression and lower quality of life and increased vulnerability to physical and mental health problems in women approaching menopause. This association was shown to be independent of age, education, income, marital status, and perceived stress

(Mushtaq et al., 2014). Psychological disorders that often appear during menopause are characterised by irritability, erratic mood, forgetfulness, anxiety, difficulty sleeping, depression, nervousness, loneliness, impatience, tension, stress, and depression (Marettih, 2020). Some of the physical changes women experience when entering menopause can affect how they feel about themselves, their confidence and self-esteem. Menopause can feel like a big change physically and mentally for many women (Whiteley et al., 2013). The highest dimension of loneliness from the results of this study is the social desirability dimension at 58% of women approaching menopause rarely feel part of their friends and find it difficult to fit in with the people around them. If their relationships with others are at or above expectations, they will be satisfied with their relationships and not feel lonely (Ryff, 2013). The lowest dimension is in the depression dimension, which is 49%, if there is pressure in a woman, it will result in depression. The results of research on this aspect show that women approaching menopause in Rancanumpang village rarely feel depressed because they have friends to share who understand themselves, while the personality dimension 54% of women in the Rancanumpang area are sociable even though they are shy, but there are still some people who feel alone.

The World Health Organization (WHO) describes positive mental health as "the foundation of well-being and effective functioning for individuals and society" and defines it as "a state of well-being in which individuals are aware of their own well-being, are able to cope with life's stresses, can work productively, and are able to contribute to their communities". Mental health is more than just the absence of mental health problems and disorders. It is a concept that includes both hedonic (positive feelings, affect, emotions) and eudemonic (positive functioning, mindset, and relationships) dimensions of well-being (Mushtaq et al., 2014). Experiencing loneliness, low mental well-being, and low self-esteem are common and interrelated problems in women approaching menopause. Low psychological wellbeing is associated with feelings of loneliness, and psychological wellbeing and loneliness influence each other. Previous research has shown that there is a strong link between loneliness and adverse mental health outcomes. However, there is a need to improve understanding of what loneliness is associated with positive mental health indicators (Lyyra et al., 2021).

Hormonal changes in women before menopause until reaching the menopausal phase have an impact on psychological complaints that affect women's psychological well-being. Prominent psychological complaints during

menopause are characterised by irritability, erratic mood, forgetfulness, anxiety, sleeplessness, depression, nervousness, loneliness, impatience, tension, stress, and depression. For women in the early or transitional stages of late menopause, prevalence estimates range from 28% to 29%; for those who have completed menopause, the prevalence of depressive mood symptoms ranges from 24.5% to 29% (late reproduction) to 23% to 28% (late menstruation) to 23% to 34% (post-menopause) (Woods & Mitchell, 2005) The results of this study indicate a significant relationship between Loneliness and Psychological well being in women approaching menopause with a Pearson Correlation value of -0.333 with Sig of 0.001 ($p < 0.05$). The level of relationship strength is -0.333 which indicates that the level of relationship strength between the two variables is sufficient. From the research, the direction of the relationship is known to be negative, thus indicating that if the level of Loneliness in a person is low, the higher the level of psychological well-being in women approaching menopause. The results of this study are in line with previous research, which shows the results of individuals who have good psychological well-being, the level of loneliness in that individual will be low (Susanti et al., 2021).

The results indicate that women approaching menopause who have a high level of psychological well being, almost all

are at a low level of loneliness. This result is in accordance with the theory that psychological well being will affect the way a person interacts and socialises, and this will affect one's behaviour as well as one's level of Loneliness (Marcus et al., 2017) Loneliness is an indicator of the psychological well-being of women or individuals in general, which means indicating that individuals who experience loneliness will affect their well-being or happiness in life. Most of the respondents seen from the results, they claimed to still often interact with the surrounding environment, such as neighbours and participate in activities with the surrounding community. Women who have good and positive relationships with others, must be able to foster and maintain trusting relationships with others, so it is certain that the level of Loneliness in women approaching menopause will be low. Most respondents said they were able to master the surrounding environment. Someone who can master their environment well, and can create an environment that suits them to achieve a goal. Individuals with good environmental mastery have an impact on good emotional states such as feeling happy, productive, and feeling healthy compared to individuals who live in an environment that they consider incompatible with themselves. So individuals with good environmental

mastery will definitely have good psychological health in themselves.

Psychological well-being or psychological wellbeing of women approaching menopause in the very high category was 17%, the moderate category was 69%, and the low category was 14%. Women approaching menopause feel unhappy with what is happening in their lives and feel disappointed with their current situation. The main factors are changes in body shape, and the many roles and tasks that a woman holds in her life tasks (Whiteley et al., 2013). Psychological well being includes self-acceptance, positive relationships with others, mastery of the environment, life goals, personal growth, and independence (Ryff, 2013). In this study, the highest aspect came from the aspect of self-acceptance, characterised by the ability of women approaching menopause to evaluate themselves positively. This means that a person who has good self-acceptance can know and accept their strengths and weaknesses or called positive psychological functioning. The positive aspect of Relationships with others is characterised by women's ability to manage the warmth of interpersonal relationships, trust with others, and have closeness and meaningful relationships with the right people (important people). Positive relationships with others, which is defined as the depth of relationships in interacting with significant others. This dimension is

closely related to warm and trusting interpersonal relationships (Maulida & Salmah, n.d.). The autonomy aspect is characterised by the ability to act independently, including learning from home and being confident. The purpose in life aspect means the ability to find meaning and purpose in life. The lowest aspect is in the dimension of environmental mastery, women at the age of menopause feel they are not responsible for the environment in which they live, but are still good at managing and being responsible for their daily lives. Environmental mastery, defined as how well an individual can manage his life situation, namely controlling and controlling a complex environment, as well as acting and changing the surrounding environment through mental and physical activities (Maulida & Salmah, n.d.). So it can be concluded that women approaching menopause with high psychological well being value themselves and have goals and beliefs for a meaningful and valuable life for themselves and others. Women before menopause who have good self-acceptance will be able to deal with the difficulties and challenges they face and will not cause them to withdraw from social or activities outside the home, so that the level of loneliness in women before menopause will decrease.

Psychological well being includes self-acceptance, positive relationships with others, mastery of the environment, life goals, personal growth, and independence.

The results of this study show that the dimension with the highest average percentage is the dimension of positive relationships with others (62%). Women approaching menopause find it difficult to give or share time with others, but can still foster trust and warm relationships well. Positive relationships with others, which is defined as the depth of relationships in interacting with significant others. This dimension is closely related to warm and trusting interpersonal relationships. The dimension with the lowest average percentage is in the dimension of environmental mastery (38%), Women at the age of menopause feel they are not responsible for the environment in which they live, but are still good at managing and being responsible for their daily lives. environmental mastery, defined as how well an individual can manage their life situation, namely controlling and controlling complex environments, as well as acting and changing the surrounding environment through mental and physical activities.

CONCLUSION

The results of this study found that there is a relationship between Loneliness and Psychological Wellbeing in women before menopause. Based on the analysis of the relationship between Loneliness and Psychological Well Being in women before menopause, it is significantly related, where

if someone with good Psychological Well being, the level of Loneliness in women before menopause will be low.

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