

A husband's good role in caring for his wife's reproductive health can reduce complaints about family reproductive function during menopause

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Abstract

During menopause, women will experience feelings of anxiety, irritability, tension, restlessness, feelings of depression, laziness, sadness, feeling helpless, crying easily, forgetting easily, and emotional outbursts. Most women feel anxious when facing menopause, so many simple problems become big things and can even make women despair when facing menopause. The severity of psychological changes experienced by women during menopause is caused by poor experiences in dealing with menopause. Apart from that, poor husband support influences psychological changes. The husband does not help deal with all the problems that occur during menopause, the husband does not help the mother to always look after herself, her health and pay attention to her health condition.

The research design is analytical observation with a cross-sectional approach. The population and sample in this study were 102 menopausal women who had husbands in Jambangan District, Surabaya. The sampling technique was total sampling. The measuring instrument used for these two variables was a questionnaire with open questions about the husband's role in reproductive health maintenance behavior which had gone through validity and reliability tests, then the results of the research were statistically tested using the Rank Spearman test.

The results of statistical analysis using the rank spearman test showed a p-value: 0.000, meaning there was a relationship between the husband's role and reproductive health care behavior during menopause in terms of the family's reproductive function.

Keywords: role, husbands, reproductive health, behavior, menopause, family reproductive function

1. Introduction

Human life will always experience change. The changes that occur are natural, but these changes will certainly not be the same for women and men. For women, the changes that lead to decline are called menopause. A woman is said to be in menopause if she does not experience menstruation again for at least 12 months. Most

women during menopause will experience psychological changes (Zhang et al., 2020). During menopause, women will experience feelings of anxiety, irritability, tension, anxiety, feelings of depression, laziness, sadness, feeling helpless, crying easily, forgetting easily, and explosive emotions. Most women feel anxious when facing menopause, so many simple problems become big things and can even make women despair when facing menopause (Harahap et al., 2022). These symptoms are caused by a decrease in the hormones estrogen and progesterone, these hormones function to regulate memory, perception and mood (Bahri et al., 2016). Menopause is a natural process where a woman no longer experiences menstruation, meaning her reproductive abilities no longer function. During this period there will be physical, psychological changes and sexual disorders (Susilawangi et al., 2023).

Physical symptoms that women often experience are irregular menstrual cycles, heart palpitations, frequent dizziness, and so on. Meanwhile, the psychological symptoms felt are changes in mood (mood swings) such as irritability, irritability and experiencing disturbances/difficulty sleeping (Jamil & Khalid, 2016). Apart from that, the disturbance experienced by wives during menopause is a decrease in sexual desire which is influenced by physical and psychological factors (Erol, 2014). Many studies have been conducted on menopause, but no one has conducted research on menopause where the subjects are other than women experiencing menopause, for example husbands; even though social support, especially from husbands, can help women overcome the symptoms of menopause they are experiencing (Ajari, 2020).

For a woman entering menopause, support from those closest to her, such as support from her husband, is important because it will determine or reduce the anxiety she experiences in dealing with menopause syndrome. If someone feels anxious, if they have friends or other people who support them, such as a husband, their anxiety will decrease (Sagia, 2024). Problems regarding menopausal women's sexuality, including menopause syndrome, are problems that predominantly affect women (Zhang & Ma, 2021). The bad impacts can be reduced with support from their sexual partner, namely their husband. Often the husband's ignorance about the changes that occur during menopause can cause disputes and will have consequences where the wife becomes more depressed, irritable and has crazy thoughts (excessive jealousy) (Oduor et al., 2014). Apart from these problems, problems regarding menopausal women's sexuality, including menopause syndrome, are problems that affect the majority of women. The bad impacts can be reduced with support from their sexual partner, namely their husband (Susilawangi et al., 2023).

The husband's role is very important in helping overcome the effects of menopause, in addition to physical rehabilitation and emotional stabilization. Understanding, tolerance and affection (tender; loving and care) are the most effective moral encouragement for the recovery of psychological conditions (Parish et al., 2019). Husband's support is a form of social support that is beneficial for the recipient of this support, such as providing a sense of security, emotional closeness, improving the quality of oneself in overcome the problems faced (Rouhbakhsh et al., 2019). The forms of support provided can be grouped into four types, namely emotional support, esteem support, instrumental support and information support (Irawan et al., 2022). From the problems above, it can be concluded that the aim of the research is to analyze the role of husbands in reproductive health service behavior during menopause in terms of the family's reproductive function (Ghazanfarpour et al., 2018).

2. Materials and Methods

Materials

The research design is analytical observation with a cross-sectional approach. The population and sample in this study were 102 menopausal women who had husbands in Jambangan District, Surabaya. The sampling technique was total sampling.

Data collection procedures

The data collection instrument that will be used in this research is a questionnaire. The questionnaire has been created by researchers and refers to literature which consists of several questions that must be answered by respondents. To obtain information from respondents, researchers used a questionnaire sheet which was used for these two variables, a questionnaire with open questions about the husband's role in reproductive health maintenance behavior which had gone through validity and reliability tests.

Data analysis

Data obtained from the results of the questionnaire used must be processed. After the data is processed, the next step is to analyze the data, then the research results are tested statistically using the Chi-Square test using the SPSS version 25.0 program. for windows with significance level = 0.05. If the statistical test results show $p < 0.05$ then H_0 is accepted, which means there is a relationship between the independent and dependent variables.

3. Results and Discussion

Table 1 Characteristics of respondents in 2024

No	Characteristics of respondents	Categorie		
			(f)	(%)
1	Length of marriage	5 – 10 Year	21	20,6
		11-20 Year	55	54
		> 20 Year	26	25,4
		Total	100	100
2	Long menopause	1 – 3 Year	32	31,4
		4 - 7 Year	51	50
		> 7 Year	19	18,6
		Total	100	100
3	Husband's job	Work	78	76,5
		Doesn't work	24	23,5
		Total	100	100
4	Husband's education	Elementary school	37	36,3
		Secondary school	47	46,1
		Higher education	18	17,6
		Total	100	100

Based on table 1 above, it can be seen that the majority (54%) of the respondents' marriage duration was 11-20 years, the duration of menopause for half (50%) was 4-7 years, almost all (76.5%) of the husband's occupation was still working and in education nearly half of husbands (46.1%) are Secondary school

Table 2. Cross tabulation of analysis of the husband's role in reproductive health care behavior during menopause in terms of family reproductive function

The role of the husband	Reproductive health care behavior	
	Good	Not good
Enough	10	10
Not enough	10	10
Total	20	20

Based on the results of the spearman rank correlation test with a significance value of $\alpha = 0.05$, the value of ρ is 0.000, which means $\rho < \alpha$, so H_0 is rejected, which means that the husband's role is related to reproductive health care behavior during menopause in terms of the family's reproductive function.

Discussion

Based on table 2 and the results of the spearman rank correlation test with a significance value of $\alpha = 0.05$, the value of ρ is 0.000, which means $\rho < \alpha$, so H_0 is rejected, which means that the husband's role is related to reproductive health care behavior during menopause in terms of the family's reproductive function.

During menopause, women will experience feelings of anxiety, irritability, tension, anxiety, feelings of depression, laziness, sadness, feeling helpless, crying easily, forgetting easily, and explosive emotions (Mahardika et al., 2021). Most women feel anxious when facing menopause, so many simple problems become big things and can even make women despair when facing menopause (Harahap et al., 2022). Problems regarding menopausal women's sexuality, including menopause syndrome, are problems that predominantly affect women (Zhang & Ma, 2021). The bad impacts can be reduced with support from their sexual partner, namely their husband. Often, the husband's ignorance about the changes that occur during menopause can cause disputes and will have consequences where the wife becomes more depressed, irritable and has crazy thoughts (excessive jealousy) (Oduor et al., 2014). Apart from these problems, problems regarding menopausal women's sexuality, including menopause syndrome, are problems that affect the majority of women (Ekawati et al., 2019).

Decreased sexual desire is influenced by physical and psychological factors and during menopause a woman no longer menstruates, meaning her reproductive abilities no longer function. During this period there will be physical, psychological changes and sexual disorders (Chou & Shih, 2019). For a woman entering menopause, support from those closest to her, such as support from her husband, is important because it will determine or reduce the anxiety she experiences in dealing with menopause syndrome (Sawitri & Muhdi, 2019). If someone feels anxious, if they have friends or other people who support them, such as a husband, their anxiety will decrease (Besser et al., 2020).

The expected role of a husband when his wife faces menopause is the role of someone who always defends the uncomfortable conditions she is facing. The husband's complete presence in providing support, for example listening to complaints, finding solutions and seeking treatment for the sexual problems he faces (Nagma et al., 2015).

The husband's role when his wife faces menopause is not only influenced by the wife's factors but is also influenced by the husband's factors. Based on the research results in Table 1, it was found that the majority (54%) of respondents' marriage duration was 11-20 years. The length of marriage shows how long husbands have known their respective partners so that they can understand and comprehend the needs of each partner (Schmidt et al., 2019). The length of menopause, which half of the respondents (50%) experienced was 4-7 years, influenced the husband's role in reproductive health care services during menopause. The duration of menopause shows how long it takes respondents and their husbands to adapt to complaints during menopause, especially sexual problems (Silva & Vargens, 2016). The adaptation process is an important thing to mutually understand and comprehend sexual problems and the wife's reproductive dysfunction so that they can create joint solutions so that sexual life and reproductive function continue to function normally even though what is actually felt is imperfection as a woman (Alkai et al., 2019). The husband's employment factor also influences the husband's role in reproductive health care during menopause. This is proven by almost all (76.5%) respondents' husbands still working. Husbands who are still working have less time with their wives, including time to complain, and vice versa, husbands who no longer work will have more time with their wives at home and have more time to listen to their wives' complaints about the sexual problems they are experiencing (Afiyah et al., 2021). The husband's education is also one of the factors in the husband's role when the wife faces menopause. Based on Table 1, almost half (46.1%) of the husbands have secondary education. Education is related to knowledge and knowledge can influence a person's attitudes and behavior (Elmoneim et al., 2017). A person with a secondary education is expected to be able to determine something good in his life, as well as a husband who has a secondary education can provide the best for his wife's life when she experiences sexual problems during menopause (Banovcinova & Jandurova, 2018).

5. Conclusion

Based on the research results, a conclusion was obtained, namely that a good husband's role in reproductive health care can reduce wives' complaints when facing sexual problems during menopause so that reproductive function disorders in the family can run normally and optimally. It is hoped that the surrounding environment and maternity nurses will increase knowledge about menopause and its problems and solutions to families, especially husbands as sexual partners.

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Conflict of interest

The authors declare no competing interests

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