

**RELATIONSHIP BETWEEN SUPPORT OF THE HUSBAND TO THE COPING STRATEGY STRESS LEVEL OF HIS WIFE WHO FACE MENOPAUSE, IN TABACOLOT VILLAGE, SUCO DEBOS, ADMINISTRATIVE POST OF SUAI MUNICIPALITY OF COVALIMA TIMOR-LESTE (2023).**

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*Abstract*

**Introduction:** According to Sensos Population of Timor-Leste in 2023, the total of the Municipality of Covalima 73,909 people and 36,437 women, Administrative Post of Suai in Suco Debos number of populations 10,131, and a total of 5,043 of women in Suco Debos, in Tabacolot Village are 881 women and among the women there are 98 women aged 45 to 60 years who undergo menopause in the study conducted in 2023.

**Objective:** To understand the importance of the relationship between the husband's support to the coping strategy stress level of his wife who face menopause in Tabacolot Village Suco Debos, Administrative Post of Suai, the Municipality of Covalima, 2023.

**Method:** The research method used Quantitative Cross-sectional, of the descriptive and analytical type and technical *simple random sampling*. Spearman Rank ( $P < 0.05$ ) means to have relation or correlation, but when statistical test with value ( $P > 0.05$ ) means no relation or correlation.

**Results:** Based on the results of the analysis thick the stress level (moderate stress, heavy stress) of the wife in Tabacolot Village Suco Debos, Administrative Post of Suai with category of moderate stress level with 23.2 %, heavy stress with 76.8%, strategy cup of the husband in emotion focus cup with 55.4%, problem focus cup with 44.6%. The result of the bivariate statistical test correlation *Spearman Rank* with SPSS of version 26. Moysters the coefficient value meaning or *person* ( $p$ ) =

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0.000 and the coefficient value with value 0.434 with sufficient relation.

**Conclusion:** Through the result the level of stress and menopause of the community in Tabacolot Village with 0.434 and the husband's cup strategy and the wife's menopause with 0.435 with sufficient relation on the data analysis cited by (Tilman CB. & Gaio E. C., 2023).

**Keywords:** Level Stress, Coping Strategy and Menopause.

## INTRODUCTION

Menopause as a changing period of human life that said the activity of menstruation decreases or is to stop, includes decreased formation of the hormone estrogen and progesterone (Prayitno, 2014). Some part of women happens signs pramenopause at the age 40-46 years and in the menopausal period happens at the age of 50 years. More than 80% of women complain about build and psychology with various prices and misunderstandings of quality of life. In the change psícology happens offended, feeling that not determined, easy to forget and difficult to consent. The physical change for women facing menopause can influence the psychic condition such as anxiety, stress, capacity menus and depression. These misrepresentations can cause anxiety and depression if not attended earlier (Sugiyanto, 2014). It is said that menopause occurs if for 12 months menstruation does not come again, it is defined as true menopause. Before facing the natural menopause time, a person will be faced with a period of premenopause that occurs 3-5 years before the real menopause. At this stage the complaint the climacteric began to develop. This is followed by menopause until finally postmenopausal, which is the initial phase after 12 months without menstruating. The postmenopausal phase will be faced by all menopausal women who menopause naturally or prematurely due to a certain incidence. Combined Premenopause and postmenopause are called perimenopause. At the mo-

ment it is here that the complaints reach the peak of the person's thinking in the reality of menopause event (Reid, 2014; cited by Tilman CB & Gaio E.C., 2023).

Stress is a physical, mental and chemical reaction of the body that is frightening, shocking, confusing, dangerous and worried about someone who has this situation of normality (Yosep, 2013). Meanwhile, according to Sunaryo (2014), stress is the body's reaction to the demands of life due to environmental influences where the individual is. Stress is closely related to human and environmental interactions; therefore, stress can be understood as a relationship or interaction between the individual and the environment. Perceived as a burden or exceeds its strength. Stress can be external demands faced by someone who is in fact harming or causing problems. Stress can also be understood as pressure, tension or disturbance that comes from outside and is felt unpleasant from the person's human being in their thinking and action cited by (Syafiq, 2018; Tilman CB., 2023). The coping strategy is an effective way to overcome ongoing stress due to stressors. It depends on situational and individual factors. There are those who use a coping strategy that distracts, relaxes, self-reliance, peer support, avoidance, praying, fantasizing, listening to music, smoking, playing and others, or expressing their feelings by sharing with their friends, crying, listening to music or radio, day-

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dreaming, spending time with hobbies, eating food, trying to think of good things and helping others from the situations of self-confidence cited by (Kahlil, 2016; Tilman CB., 2023). Coping is related to the form of business that individuals do to protect themselves from psychological pressures, from the consequences of social experience. Therefore, psychologically good coping is able to provide an effect of strength (feelings about self-concept and life), reaction emotions, levels of depression or anxiety and balance between negative and positive feelings is normal process conditions cited by (Hasan & Rufaidah, 2013; Tilman CB., 2023).

The life expectancy of women in the world is increasing every year until it reached 74.2 years in 2019 according to the global study cited by (WHO, 2019; Tilman CB., 2023). Increased life expectancies mean an increase in the number of women who are likely to experience menopause (Swazini, 2018). The World Health Organization (WHO, 2019), estimates that by 2030 there will be about 1.2 billion women in the world over the age of 50. About 80% of them live in developing countries and the female menopausal population increases by three percent each year in all of the years cited by (Nurlina, 2021; Tilman CB., 2023). Based on the researchers of Radha Shukla & Jaishree Ganjiwale 2018 in India, menopause is a physiological process that has the potential to cause several pathological/psychological complications that result in changes in quality of life (QoL). Although the literature suggests the effects of menopause on various aspects of life, there is a dearth of studies in rural settings in this regard. Thus, it is important to assess the extent of menopause-related changes, their awareness, and coping mechanisms in rural couples, please understanding the normal situation from the population and life-style person in world cited by (Tilman CB & Gaio E. C., 2023).

In the context of available research data, women were considered menopausal if they were not pregnant or had postpartum amenorrhea and had not menstruated for at least six months prior to the survey. The proportion of postmenopausal women increases with age, from 2% in women aged 30 to 34 years to 37% in women aged 48 to 49 years. Globally, 8 percent of women aged 30-49 were postmenopausal, indicating a relatively low rate of infectivity among Timorese women. The proportion of currently married women aged 30 to 49 who were postmenopausal as reported in the 2003 DHS was 17%, more than double the proportion reported in the 2009-10 TLDHS. Percentage of women aged 30-49 who are postmenopausal, by age, Timor-Leste 2009-2010 Total 8,25,753. Percentage of women aged 30 to 49 who are in menopause, by age in Timor-Leste DHS 2016, Total 5,447 according the data cited by (Tilman CB. & Gaio E. C., 2023).

According to Covalima in Timor-Leste statistical figures and senses in 2015 as a total population of 1,183,643 and a total of 582,531 women of the population of Timor-Leste. The Municipality of Covalima with Administrative rank 7, Sucos 30 and Village 148, with a total population of women with a number of 32,333 and total Debos juice of 5,617 of women. According to Sensos Population of Timor-Leste in 2022, the total population of the Municipality of Covalima Suai 73,909 people and 36,437 women, Administrative Post of Suai in Suco Debos as a population 10,131, and a total of 5,043 women

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in Suco Debos, in Tabacolot Village are 881 women and among the women there are 68 women aged 45 to 60 years who go through the menopause natural process and accumulated cited by (Tilman CB. & Gaio E. C., 2023).

## Goals

### General Objective

Para understand the importance about relationship between support of the husband to the coping strategy stress level of his wife who face menopause in Village Tabacolot Suco Debos, Administrative Post of Suai of the Municipality of Covalima.

### Specific Objectives:

- To understand the stress level of the wife who face menopause.
- To understand the strategy coping of the husband to the stress of the wife who face menopause.
- To understand the relationship of the husband's coping strategy to the stress of the wife facing menopause.

## THEORETICAL FRAMEWORK

Stress is a term that comes from the Latin stingere meaning difficult (streak). Stress is a physical, mental, and body chemical reaction that is frightening, shocking, confused, dangerous, and worried about someone (Yosep, 2013). Meanwhile, according to Sunaryo (2014), stress is the body's reaction to the demands of life due to environmental influences where the individual is. Stress is the body's reaction (response) to the environment that can cause stress to protect us that is also part of the defense system that keeps us alive (Nasir, 2011). Stress conditions can be caused by various causes or sources, a more general term is called a stressor.

A stressor is a state or situation, object, or individuals that can cause stress. In general, stressors can be divided into: three, i.e., physical, social and psychosocial stressors. There are two types of stress, namely "good and bad." Stress involves physiological change that can be experienced as a feeling of good anxiety (distress) or pleasure (stress). Stressors such as pressures, conflicts or traumas trigger in the individual a psychophysiological process with responses that involve the Autonomic Nervous System and the Endocrine System. These responses may present, initially, a characteristic symptomatology due to irregularity in hormone production, and, subsequently, aggravate the state of health of the individual they are facing this situation cited by (LINCH, 2011; Tilman CB. & Gaio E. C., 2023). Stress has become part of people's lives. Maybe there are no ordinary human people who have never felt stress. Stress is now human to not prolonged. Based on the symptoms, stress is divided into: three levels, namely: Light, Moderate and Heavy.

Menopause is a common occurrence faced by women when their fertility years decline, so for some women it causes anxiety or worry, but in part brings self-confidence. According to (WHO, 2014), menopause is the permanent cessation of menstruation as a result of loss of ovarian activity. Natural menopause is known, when there is amenorrhea for 12 consecutive months, with no pathological or physiological cause found. Menopause is the last menstruation or the time of the last menstruation. Most minutes experience menopause at the age of 56 to 60, with the average menopause at the age of 51. Menopause is not a sudden event. Menopause is a long process. This means that even if a woman stops menstruating forever at age 50, she may already feel that her menstrual cycle be-

gins to change from the age of 40. (Silalahi, 2016). **RESEARCH OF METHODOLOGY**

Natural menopause will pass through a woman gradually over several years. Usually, natural menopause occurs in the late 40s or early 50s. Artificial menopause is menopause that occurs as a result of medical procedures such as surgery or radiation. Surgical menopause occurs due to hysterectomy and bilateral oophorectomy. Ovarian removal is performed as a preventive measure against ovarian carcinoma, as a form of surgery cited by (Kumolontang, Kundre and Hamel, 2019; Tilman CB., 2023).

According to Silalahi (2016) there are 2 types of menopauses including: Natural menopause and menopause occurs gradually, usually between the ages of 45-55 years. Natural menopause occurs in women who still have ovaries. The duration is about 5-10 years. Although this whole process sometimes takes 13 years. During this period, menstruation may stop for a few months and then return. Women going through natural menopause may or may not need treatment. This is because your overall health is very good. In addition, the process of menopause is too slow for the body to adjust to the changes that occur during menopause. Early menopause and early menopause are the cessation of menstruation before the age of 40. Menopause is caused by several factors, first it may be because the ovaries have been removed due to a disease, for example, due to ovarian cancer. The second is suspected to be due to lifestyle such as smoking, alcohol intake, unhealthy eating and lack of exercise. The third may be due to the influence of medications such as slimming remedies and herbs whose chemical content is not clear, as in general they can inhibit the production of hormones, in each individual content ideal cited by (Tilman CB. & Gaio E. C., 2023).

It uses quantitative method with descriptive *cross-sectional* approximation and probability sampling technique (*Probability Sampling*), with the type of sampling Simple Random *Sampling* with sample is 69 respondents. We use the analysis technique and data are analyzed and univariant able to describe the characteristics of each research variable (sex, age, civilian, educational) and analysis and bivariate to performr between two variables that are thought to be related or correlated. Statistical test use *Spearman Rank*  $\alpha=0.05$ , the significant level with 5% with rules like  $p < \alpha$  (0.05). In this study, it conducts data entry using the SPSS (*Statistical Package for the Social Sciences*) version 26 computer program existing in the systems.

## RESULT OF DISCUSSION

Table 1. Respondents' frequency based on the wife's stress level.

According to table 1 above shows that respondents

Stress level	Frequency (n)	%
Moderate stress	13	23.2
Heavy stress	43	76.8
<b>Total</b>	<b>56</b>	<b>100</b>

the level of stress are moderate stress with frequency 13 (23.2%) and with the distribution of heavy stress with frequency 43 (76.8%). It concludes that the majority of respondents of heavy stress level with frequency 43 (76.8%) and lower moderate stress level with frequency 13 (23.2%), on the basis of the survey result, 2023.

Table 2. Distribution of respondents based on the cup strategy.

Copinha strategy	Frequency (n)	%
Emotion focus cup	31	55.4
Problem focus cup	25	44.6
<b>Total</b>	<b>56</b>	<b>100</b>

And according to table 2 above shows that respondents the coping strategy are emotion focus coping in a frequency 31 (55.4%) and problem focus coping in has frequency 25 (44.6%). It concludes that most emotion focus coping in has with frequency 31 (55.4%) and minority problem focus coping frequency 25 (44.6%), on the basis of the result of scrutinization, 2023.

Menopause	Frequency (n)	%
Natural menopause	27	48.2
Actual Menopause	29	51.8
<b>Total</b>	<b>56</b>	<b>100</b>

It is and according to table 3 above shows that respondent's natural menopause with frequency 27 (48.2%) and actual menopause frequently 29 (51.8%). It concludes that most menopause real with frequency 29 (51.8%) and minority natural menopause with frequency 27 (48.2%), on the basis of the research result, 2023.

Table 3. Distribution of respondents based on menopause.

Table 4. Result of the corelationship test between stress level and menopause.

Correlation				
			Stress	Menopause
Spearman's rho	Stress	Coefficient and Correlation	1.000	.434**
		Sig. (2-tailed)	.	.000
		N	56	56
	Menopause	Coefficient and Correlation	.434**	1.000
		Sig. (2-tailed)	.000	.
		N	56	56
**. Correlation is significant at the 0.01 level (2-tailed).				

And according to table 4 above the result of the analysis and statistical test *Spearman Rank* shows that the value of the coefficient means either *pearson (p)* = 0.00 means that less than the value 0.05, is means of the in the value and coefficient correlation between stress with menopause value correlation  $r = .434$ , belongs in the sufficient category between value 0.40-0.59 with sufficient relation in the results.

Table 5. Test result: relationship between cup strategy and menopause.

Correlations				
			Menopause	Coping
Spearman's rho	Menopause	Correlation Coefficient	1.000	.435*
		Sig. (2-tailed)	.	.000
		N	56	56
	Coping	Correlation Coefficient	.435*	1.000
		Sig. (2-tailed)	.000	.
		N	56	56
*. Correlation is significant at the 0.05 level (2-tailed).				

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And according to table 5 above result of the analysis and statistical test *Spearman Rank* sample that the value and coefficient means or *Pearson* ( $p$ ) = 0.00 means that less than the value 0.05, so it means the value of the coefficient correlation between cup with menopause has correlation value  $r = 0.435$ , belongs in the sufficient category between value 0.40-0.59, with sufficient relation, according to the research cited by (Tilman CB. & Gaio E. C., 2023).

## CONCLUSION

The stress level of the wife who faces menopause, according to the survey results as heavy stress with the frequency 43 (76.8%) and the husband's coping strategy with emotion focus on the coping with frequency 31 (55.4%). Based on the results, the relationship between the strategy of the husband's coping and the stress of the wife who faces menopause in Aldeia Tabacot Suco Debo, Posto Administrativo de Suai, do Municipio de Covalima in the year 2023, the result of the statistical test of the *Spearman Rank* with SPSS of version 26.00 shows that the coefficient value is means do with the correlation or *Pearson* ( $p$ ) = 0.00 is means that less than the value 0.05, so that means the value of the correlation coefficient 0.40 which interprets  $r$  with table coefficient correlation *Spearman Rank* belongs in the sufficient category between the value 0.40-0.59, based on the results cited by (Tilman CB. & Gaio E. C., 2023).

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