

The Relationship Between Menarche Age And Menopause Age In The Majelis Ta'lim Congregation In Batang Kabung Ganting Neighborhood, Koto Tengah District Padang City

Shinta Pertiwi *¹

Ariadi ²

Lili Irawati³

Husna Yetti⁴

Rahmani Welan⁵

¹ Undergraduate Program, Medical Faculty, Universitas Andalas, Indonesia

² Department of Obstetric and Gynecologic, Medical Faculty Universitas Andalas, Indonesia

³ Department of Physic, Medical Faculty Universitas Andalas, Indonesia

⁴ Public Health and Community Medicine Department, Medical Faculty Universitas Andalas, Indonesia

⁵ Department of Biology, Medical Faculty Universitas Andalas, Indonesia

*e-mail : shintapertiwi1709@gmail.com

Abstract

Menopause is a natural and unique period for women. Menopause occurs naturally in most women between the ages of 45 and 52 and is characterized by changes in hormonal status and the cessation of menstrual cycles. Menopause This causes a decrease in a person's quality of life because they will experience unpleasant symptoms such as anxiety, depression, decreased desire, and concentration and vasomotor disorders. The purpose of the research is to find out the relationship between the age of menarche and the age of menopause that occurs in the congregation of the ta'lim assembly in the Batang Kabung Ganting sub-district, Koto Tengah sub-district, Padang City. This type of research is correlative analytic research. The sampling technique used a consecutive sampling technique. The minimum sample in this study amounted to 106 samples. The results showed that most respondents experienced menarche at the age of 12 years, as many as 24 respondents (22.6%). Most respondents experienced menopause at the age of 50 years, namely as many as 24 respondents (22.6%). The results of statistical tests using Pearson correlation obtained Sig. 0.000, and the calculated r result is -0,809, which means that there is a relationship between the age of menarche and the age of menopause. The result of the calculated r-value is negative -0,809, so both variables have a relationship that is very strong but contradictory, which means that the slower a person experiences menarche, the faster they will experience menopause and vice versa. In conclusion, most respondents experienced menarche at the age of 12 years, and most respondents experienced menopause at the age of 50 years.

Keywords: Menarche, Menopause

INTRODUCTION

Menopause is a natural period in women that occurs between the age of 45 and 52 years old and is caused by a change in hormonal status and cessation of the menstrual cycle. According to the World Health Organization (WHO), around 25 million of women have their menopause every year. The World Wellbeing Association estimated there will be an increasing amount of menopausal older adults from 500 million to 1 billion in 2030, while in Asia, it is estimated from 107 million to 373 million by 2025. Indonesia's Survey of Demographic and Health in 2017, 16,1% of women aged 30-49 years old had their menopause. The number was increasing along with age.

Age of menopause is affected by some factors, such as age of menarche, contraception usage history, familial status (marriage status, number of children, and age of the last childbirth), familial history, occupation, wage, smoking status, and alcohol history.⁴ Menarche age is the start of ovarium function development, which occurs in a teenager; a younger age of menarche means an older age of menopause. This is correlated with ovum, which produces steroid hormones (estrogen and progesterone).

Padang is a religious city with various religious groups called majelis ta'lim in every mosque. Koto Tengah District is the largest district in Padang and has the largest number of majelis ta'lim among other districts. Majelis ta'lim in Batang Kabung Ganting is more active than

others, and the members are mostly over 45 years old women and have started their menopause. This situation is the reason the author chose this place over other places.

METHODS

The study was an analytical corelative that aimed to determine the correlation between menarche age and menopausal age in members of majelis ta'lim in Batang Kabung Ganting, Koto Tengah District, Padang City. Samples were determined by inclusion criteria, which were menopause members and accepting to participate in this study. The Lemeshow equation counted the size of the sample and 10% dropout probability, thus obtaining 106 samples. The dependent variable of this study was menopausal age, while the independent variable was menarche age. Data analysis was divided into univariate and bivariate analyses. Univariate analysis was done by frequency and percentage of each variable, while Pearson Correlation was used to analyze the correlation between two linear variables.

RESULTS AND DISCUSSIONS

One hundred six people participated in this study, which met the inclusion criteria.

Table 1. Respondent Data

Characteristics	Minimal	Maximal	Mean
Menarche age	9	16	12,93
Menopause age	40	55	50,49

Table 1 shows the respondent data, which consists of the minimal, maximal, and mean of each variable.

Table 2. Distribution Frequency of Menarche Age

Menarche Age	Frequency	Percentage
9	2	1,9
10	4	3,8
11	15	14,2
12	24	22,6
13	18	17,0
14	22	20,8
15	18	17,0
16	3	2,8
Total	106	100

According to Table 2, most respondents had their menarche at 12 years old (24 respondents/22,6%), and the youngest age of menarche is 9 years old with 2 respondents (1,9%).

Table 3. Distribution Frequency of Menopausal Age

Menopause Age	Frequency	Percentage
40	1	0,9

44	1	0,9
45	13	12,3
46	2	1,9
47	2	1,9
48	2	1,9
49	9	8,5
50	24	22,6
51	6	5,7
52	14	13,2
53	7	6,6
54	20	18,9
55	5	4,7
Total	106	100

Table 3 showed that the most menopausal age of respondents was 50 years old (24 respondents/22,6%), and the youngest age was 40 years old (1 respondent/0,9%).

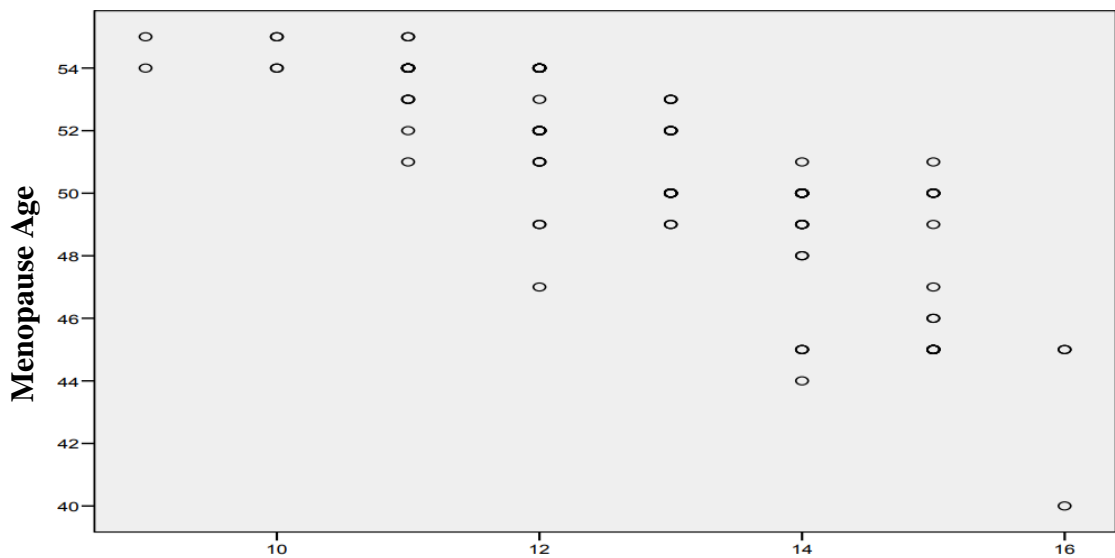


Figure 1. Scatter Plot

Menarche Age

Table 4. Correlation between Menarche Age and Menopausal Age of Batang Kabung Ganting Majelis Ta’lim Member, Koto Tengah District, Padang City

Variable	Menopause	
	r	p
Menarche	-0,809	0,000

In simple terms, the relationship between two variables can be seen from a scatter plot. The scatter diagram is a graph that shows the points of intersection of the data values of two variables (Menarche and Menopause). From the scatter diagram, it can be seen that there is a negative relationship (Negative Linear) where the results of statistical tests using Pearson correlation obtained a value of $r = -0.809$ and a $p\text{-value} = 0.000$ called a negative linear relationship, which means that there is a relationship between the age of menarche and the age of menopause, which is the opposite where the sooner a person menarche, the later menopause.

Discussions

This study showed that most of the respondents had their menarche at 12 years old, which is similar to Handoko et al. in 2021 with below 13 years old as the highest age of menarche among respondents and similar to Masrizal in 1995, showed the mean of menarche age in West Sumatra is 12,59 years old. Menarche's age is decreasing, affecting many factors, including nutritional status. With the same age, women with higher body mass index (BMI) will have menarche earlier than women with lower BMI.

The findings showed that the majority of respondents have their menopause at 50 years old, which similar to Sinolinggi et al. in 2015 and Handoko et al. in 2021. Factors that affect menopause age is various, such as menarche, workload, marital status, number of children, age of last childbirth, contraception usage, smoking, alcohol consumption, and reproduction organ related disease.

Statistical analysis showed the correlation between menarche age and menopause age among members of majelis ta'lim in Batang Kabung Ganting, Koto Tangah District, Padang City. A negative r value is meant to be a very opposite relationship of variables, which means that the younger menarche age, the older menopausal age. This finding was in contrast to Handoko et al., which showed no correlation between menarche age and menopause age. The contrary can be due to factors affecting menopause age that has been mentioned before and also affected by the weather of residences, which women that live in 2000-3000 meters above sea level will have one to two years younger menopause age.

This study did not evaluate risk factors affecting menopause age, and a questionnaire was used in this study. Two limitations of this study might affect the result of this study, so further study is needed to compare these results with future findings.

CONCLUSIONS

Based on the results, most respondents had their menarche at 12 years old, while they had their menopause at 50. Menopausal and menarche age were correlated; earlier menarche means later menopause, and vice versa. Further study is needed to evaluate factors affecting menopause.

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