

## THE RELATIONSHIP BETWEEN RELIGIOSITY AND SELF-CONCEPT WITH STRESS LEVEL OF INDIVIDUALS WHO ARE MENOPAUSED

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### ABSTRACT

In the menopausal period, many physical and psychological changes appear, which are potential stress triggers. However, in reality, not all women who have experienced menopause will have the same stress level. This shows that stress is not solely caused by a stressor but is also influenced by an individual's perception of the stressor. This study focuses on two factors, namely religiosity, and self-concept. This study aimed to determine whether there is a relationship between these factors and individual stress levels and to what extent the influence of these two factors in predicting the stress levels of individuals in menopause. This research is a quantitative study. The subjects in this study were 35 menopausal women. This research is a population study, so it does not use a sampling technique. The study's results using multiple regression equation analysis obtained a significant negative correlation between the level of religiosity and the level of stress ( $R=-0.300$ ;  $sig=0.008$ ) and between the level of self-concept and the level of stress ( $R=-0.245$ ;  $sig 0.014$ ). From the calculation results ( $R = 0.489$ ;  $p = 0.013$ ), it is known that 19.2% of individual stress levels can be predicted by religiosity and self-concept factors.

**Keywords:** Menopause, Religiosity, Self-Concept and Stress Level.