

# 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.

## INTRODUCTION

During menopause, the hormones estrogen and progesterone from the ovaries affect all body tissues, including the breasts, vagina, bones, blood vessels, gastrointestinal tract (stomach and intestines), urinary tract, and skin (Rebecca, 2007). A drastic decrease in the levels of the two hormones will be followed by various physical changes such as loosening skin, incontinence (impaired urination control) during activities, palpitations, hot flashes (sudden increase in body temperature), headaches, and forgetfulness. In the long term, low levels of the hormone estrogen after menopause pose a threat of osteoporosis (thin bone), making people break bones easily and increasing the risk of cardiovascular disorders. (Purwoastuti, 2008).

Menopause is an individual experience. The effects of estrogen and progesterone differ from one woman to another. As with pregnancy, during menopause, some women only experience mild disturbances in their bodies and moods, while other women experience severe physical and psychological changes. Currently, many women are afraid of reaching menopause, which usually occurs at 45-55 years old. One of the reasons why many women are reluctant to talk about their menopause phase is because there is a general notion that this is a door that must be passed into old age and is often referred to as a crisis period in the household. (Rebecca, 2007).

The results found that one of the causes of menopause stress in women is their perception that the older they get, the more aging the body, the more saggy skin, and the more gloomy the face. Of course, this for the wife will continue with anxiety and fear. Especially about the husband's attention to them. While they still crave love from their husbands as when they just started to be predicated as mothers. Such an attitude is the primary source of stress for them.

This position increases stress. Especially If you don't want to be realistic, especially at a young age, you have several advantages of a body that you can be proud of or flaunt, such as beautiful breasts, smooth skin, strong hips, and a fantastic body. Many women expressly or subtly refuse to accept menopause. as an ordinary natural event, which will happen to every woman. Among other things, by showing defiance towards her husband to prove that she is still beautiful, beautiful, and fit, such as sleeping on her back (so that the husband asks to face her) and taking walks alone (so that the husband thinks he is still feminine).

From the description above, it has been explained that during the menopause period, many physical and psychological changes appear. These changes are potential stressors in increasing individual stress levels during menopause. However, in reality, not all women who have experienced menopause will have the same stress levels.

Stress is a non-specific body response to disturbed bodily needs, a universal phenomenon that occurs in everyday life and cannot be avoided, and everyone experiences it. Stress has a total impact on individuals physically, psychologically, intellectually, socially, and spiritually. Stress can threaten physiological balance. Emotional stress can lead to harmful or destructive feelings toward self and others. Intellectual stress will interfere with the relationship between perception and one's ability to solve problems, and social stress will interfere with the individual's relationship with life (Rasmun. 2004).

According to Dr. LA Hartono in Rasmun (2004), some initial symptoms due to stress can be divided into somatic complaints, psychomotor and psychomotor disorders with or without psychotic symptoms.

**a. Somatic complaint (pain)**

Somatic complaints include the following:

- 1) Digestive disorders.
- 2) Chest pain or palpitations (palpitations).
- 3) Insomnia in the form of difficulty sleeping or sleeping but easily awakened.
- 4) Non-specific disturbances such as headaches or no appetite.
- 5) Muscle pain, tired, lethargic, not enthusiastic.

**b. Psychic Complaints**

Psychological complaints include the following:

- 1) Despair, feeling that there is no future.
- 2) Sad and feel guilty.
- 3) Impulsive and irritable.
- 4) Always tense and likes to be alone.

**c. Psychomotor disturbances**

Psychomotor disorders include the following:

- 1) Desire to work/study decreases.
- 2) Easy to forget and reduced concentration.

Therefore sources of stress can come from within and outside the body. Sources of stress can be biological/physiological, chemical, psychological, social, and spiritual. This shows that stress is not solely caused by a stressor but is also influenced by an individual's perception of the stressor, self-concept, and the individual's level of religiosity.

The results of observations made by researchers in the field showed that there were indications of menopause stress in respondents caused by many factors, both from within the individual (internal) and pressure that came from outside the individual (external). This study focuses on two factors, namely religiosity, and self-concept.

Thoules (1992) expressed a general opinion about religion, which includes all religions, that is, what is felt with what he believes is a being or essence higher than humans. Whereas religion, in the sense of Glock & Stark (1966) in Ancok (2005), is "a system of symbols, belief systems, value systems, and institutionalized behavioral systems, all of which are centered on issues that are internalized as the most meaningful (ultimate meaning).

In this study, what is meant by religiosity is the level of individual religious attachment to the religion they adhere to, namely Islam, which includes five dimensions according to Glock & Stark (1966) in Ancok (2005), namely:

1. The dimension of belief, in this dimension, contains expectations in which religious people adhere to particular theological views and acknowledge the truth of these doctrines, especially those that are fundamental and dogmatic. Such as belief in the existence of God, the Last Day, Heaven and Hell, Angels and Satan, and others.
2. The dimension of religion, this dimension of practice includes the behavior of worship, obedience, and things that people do to show commitment to the religion they adhere to. These religious practices consist of two essential classes, namely: Rituals, and observances
3. The experiential dimension, this dimension shows how far a person feels and experiences religious feelings and experiences, for example, surviving a disaster because of God's help, feeling his prayers have been answered, feeling saved, and so on.
4. Dimension of religious knowledge, this dimension refers to the expectation that religious people have at least a minimal amount of knowledge about the basics of belief, rites, scriptures, and traditions.
5. Practice dimension. This dimension identifies the day-to-day consequences of one's religious beliefs, practices, experiences, and knowledge. This dimension measures the extent to which a person's behavior is motivated by religious teachings, for example, not lying, keeping promises, helping others, being honest, being willing to share, not stealing, and so on.

Meanwhile, self-concept is a picture that a person has about himself, which is formed through experiences gained from interactions with the environment. Self-concept is not innate but develops from continuous and differentiated experiences.

Fitts in Agustina (2006) suggests that self-concept is an essential aspect of a person because a person's self-concept is a frame of reference in interacting with the environment. He divides self-concept into two main dimensions, namely as follows:

#### **a. Internal Dimensions**

The internal dimension, or the internal frame of reference, is an individual's assessment, namely an individual's assessment of himself based on the world within him. This dimension takes three forms:

- 1) Identity self

- 2) Actor Self (behavioral self)
- 3) Self Acceptance / Assessor (Judging self)

**b. External dimensions**

- 1) Physical self
- 2) Moral/ethical self
- 3) Personal self
- 4) Family self
- 5) Social self

**RESEARCH METHODS**

This study uses a quantitative approach to the type of correlational research. There are two independent variables in this study, namely religiosity and self-concept, where these variables in the formulation of the hypothesis have differences in their effect on the stress level of individuals who are menopausal. This study's dependent or dependent variable is menopause stress, which relates to religiosity and self-concept as independent variables.

In this study, the population was women aged 48-58 years, residents of RW 16, Bunulrejo Village, Blimbing District, Malang. In this study, the population of the subjects studied numbered 30 people because it was less than 100, so the researchers took the entire population as the sample. So this research is a sample population research, in which the researcher takes the entire population as a sample.

The measurement in this study used a Likert scale of religiosity, self-concept, and menopause stress. The Likert scale is used to measure attitudes, opinions, and perceptions of a person or group of people about social phenomena (Sugiyono, 2010, p. 134) which has five alternative answers consisting of Very Appropriate (SS), Appropriate (S), Neutral (N), Not Appropriate (TS) and Highly Unsuitable (STS). While the method used in testing the hypothesis and analyzing data using the multiple linear regression method.

**RESEARCH RESULT**

The results of the hypothesis testing were carried out using multiple linear regression techniques. The result was that the correlation coefficient between religion and stress was -0.300 with a sig value of 0.008, which means the correlation coefficient is statistically significant.

Furthermore, the results of the correlation coefficient between self-concept and stress are equal to -0.254. From the output, it can be seen that the sig value is 0.014, which means that the correlation coefficient is statistically significant.

Then to find out how much influence the independent variables (X1 and X2) have on the dependent variable (Y), the result is that  $R = 0.489$ ;  $p = 0.013$ . Moreover, the coefficient of determination is 0.192, meaning that to interpret the value of the coefficient of determination, you have to change the value in the form of a percentage which means  $0.192 \times 100\% = 19.2\%$ . This value means that 19.2% of changes or variations in the dependent variable (menopausal stress) can be explained by the independent variables (religiosity and self-concept). Thus 80.8% of the menopause stress variable is influenced by other variables.

## DISCUSSION

From the results of data analysis carried out using the technique of simple linear regression equations, it was found that the first hypothesis states that there is a significant negative relationship between the level of religiosity and the stress level of individuals who are menopausal. Meaning that if the level of religiosity is high, then the stress level of individuals who are in menopause is low; otherwise, if the level of religiosity is low, then the stress level of individuals who are in menopause is high is accepted.

Likewise, the second hypothesis, which states that there is a significant negative relationship between the level of self-concept and the stress level of individuals undergoing menopause, is accepted, meaning that if the level of self-concept is high, then the stress level of individuals who are undergoing menopause is low. Conversely, if the level of self-concept is low, then the stress level of individuals in menopause is high is accepted.

It means that individuals who are menopausal will not forever experience stress depending on the individual. Nevertheless, one of the factors that can reduce stress levels is the factor of religiosity or religiosity. Religion as a way of life for humans has provided guidance (hudan) regarding various aspects of life, including healthy mental (spiritual) coaching or development.) regarding various aspects of life, including healthy mental (spiritual) coaching or development.

With various factors that can influence the emergence of stress, the relationship between psychology and religion concerning religion as a belief and mental health lies in the attitude of one's submission to the power of the Highest. Such a resigned attitude is thought to give an optimistic attitude to a person so that positive feelings arise, such as happiness, pleasure, satisfaction, success, feeling loved, or a sense of security experienced by individuals in menopause. Such an emotional attitude is part of basic human needs as God's creatures.

Religion can have a significant impact on human life, including health. In fact, according to Mc Guire, religion as a value system influences the life of modern society and plays a role in making social change. Like other social institutions, religion plays a significant role in social change. Meanwhile, religion also shows adaptability and is vital in various aspects of social life, so changes in social structure on a large scale are often rooted in an understanding of religion (Jalaludin, 1996).

In addition, human life can occur because of a reciprocal relationship with the environment. In this relationship, humans are required to be able to adapt to their environment. This adjustment causes humans to change themselves more than change the environment. A healthy individual's response to himself and his life is the foundation for adapting. Self-concept factors must also be considered in determining the success or failure of a person's adjustment. In other words, self-concept greatly influences self-adjustment and is an essential factor in one's self-development.

So if someone believes that people who are important to him like them, they will think positively about themselves and vice versa. People who have a positive self-concept means having positive self-acceptance and self-esteem. They consider themselves valuable and tend to accept themselves as they are. Conversely, people who have a negative self-concept also show negative self-acceptance. They have a feeling of being undervalued, which causes

feelings of self-loathing or rejection. Just as human development and growth include various physical and mental functions, a person's personality also has development and change.

## CONCLUSION

1. There is a negative relationship between the level of religiosity and the stress level of individuals who are menopausal.
2. There is a negative relationship between the level of self-concept and the stress level of individuals who are menopausal.
3. Changes or variations in the dependent variable (menopausal stress) can be explained by the independent variables (religiosity and self-concept).

## SUGGESTION

1. For Menopausal Women

For women who are in menopause, it is recommended to increase religiosity with extraordinary religious life and increase a positive self-concept to create a life that is comfortable, peaceful, and far from stress, especially for women who feel that they are not getting closer to Allah SWT and still have negative self-perceptions. If religiosity and self-concept are well

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