

DIFFERENCES IN ANXIETY OVER PREMENSTRUAL SYNDROME BETWEEN EARLY ADOLESCENCE AND LATE ADOLESCENCE WOMEN

Icha Ratna Faza & Septi Dwi Hastuti

Email : icharatnafaza@gmail.com &

Faculty of Psychology

Program Study Masters of Psychology Profession

Persada Indonesia University Y.A.I. Street Jakarta, INDONESIA

ABSTRACT

The beginning of adolescence is marked by the arrival of menstruation (menstruation) in women. Approaching menstruation, women generally experience anxiety. Due to different experiences, the possibility of anxiety will differ depending on the stage of development. The purpose of this study was to examine the differences in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women. The population of this study were adult women at the Jakarta Baptist Christian Church Youth Commission. This study used an incidental sampling technique. The data collection instrument used an anxiety scale arranged based on a Likert scale. From the results of data analysis, t count = 3.414 (t table = 1.935) and $p = 0.001$ (<0.05) were obtained. It can be concluded that there is a significant difference in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women at the Jakarta Baptist Christian Church Youth Commission.

Keywords: Anxiety, Premenstrual Syndrome, Early Adolescence with Late Adolescence Women.

BACKGROUND

In general, adolescence begins when children experience physical and sexual changes, which ends when adolescents have reached physical and sexual maturity. However, research on changes in behavior, attitudes and values throughout adolescence not only shows that each change occurs more rapidly in early adolescence than in the final stages of adolescence, but also shows that behavior, attitudes and values in early adolescence are different from those in late adolescence. Thus, it is necessary to divide the stages of adolescence (Hurlock, 1980:206).

Kagan and Cole (Laurence, 1993:5) divide adolescence into three stages, namely early adolescence, which ranges from 11 to 14 years of age, middle adolescence, which ranges from 15 to 18 years of age and late adolescence, which ranges from 18 to 21 years of age.

Early adolescence is also called puberty, which is characterized by very rapid physical growth compared to the previous period, especially increased height and weight growth and increased proportions in other body parts. Sex hormones increase rapidly, stimulating the formation of sex organs and the maturation of reproductive function (Hurlock, 1980:190).

Teenage girls who fail to adapt to menstruation will experience excessive anxiety. The symptoms of anxiety that accompany a person can be physical and psychological symptoms, namely trembling, headaches, tense muscles, shortness of breath, difficulty swallowing, sleep and eating disorders, cold sweats, difficulty concentrating, feelings of fear, depression and irritability (Yul Iskandar, 1988:36-40).

The above anxiety symptoms are similar to the symptoms of premenstrual syndrome experienced by women before menstruation so it can be said that anxiety is related to the symptoms of premenstrual syndrome. This opinion is also supported by Faisal Yatim (2001:7) a researcher at the Research and Development Agency of the Indonesian Ministry of Health who said that feelings of anxiety, depression and irritability are symptoms that are generally experienced by women who suffer from premenstrual syndrome.

In a study, it was said that around 80% of women experience symptoms of premenstrual syndrome such as feelings of anxiety, irritability and tense thoughts. In addition, there are also around 40% of women who experience symptoms of weight gain and accumulation of body fluids such as swelling in the face or feet and breasts feel swollen or sore (Faisal Yatim, 2001:7). Recent research notes that around 60% of women experience severe menstrual pain during menstruation, 33% of women experience mild menstrual pain symptoms and only 7% of women do not experience problems with menstruation (Hardi, 2005:248).

Based on the description above, it is known that the menstrual process experienced by young women does not run smoothly as expected. Almost every woman experiences PMS starting from mild symptoms to severe symptoms. Many of them experience unpleasant physical and psychological symptoms before menstruation so that this makes young women anxious before the next menstruation. Symptoms of anxiety about premenstrual syndrome will increase if a woman is experiencing conflict with her living environment. Conversely, if a woman rarely experiences stress or frustration, complaints about premenstrual syndrome will decrease or even there will be no complaints at all (Faisal Yatim, 2001:5).

Traditionally, adolescence is often considered a period of storm and drang, a time when emotional tension is high as a result of physical and hormonal changes. Adolescent life is considered full of conflict and negative behavior so that they often experience frustration and stress. However, this is not the case because emotional changes will occur more quickly during early adolescence and will slowly stabilize towards late adolescence. This is similar to what Gessel et al. (Hurlock, 1980:212) said that 14-year-old teenagers are often angry, easily stimulated, have explosive emotions and do not try to control their emotions. Meanwhile, women who have reached late adolescence have shown emotional stability, emotional maturity and can face problems maturely (Andi Mappiare, 1982:36).

FORMULATION OF THE PROBLEM

Based on the previous description, the author formulates the general problem in this study as follows: "Is there a significant difference in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women at the Jakarta Baptist Christian Church Youth Commission?"

RESEARCH PURPOSES

The purpose of this study was to examine the differences in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women at the Jakarta Baptist Christian Church Youth Commission.

BENEFITS OF RESEARCH

The benefits of this research are:

1. It is expected to provide a meaningful contribution for female adolescents so that they can recognize the symptoms of premenstrual syndrome and anxiety before menstruation that must be experienced every month.

2. The benefits of this study for parents are that parents are expected to provide correct information for female adolescents so that they can recognize and be able to handle the symptoms of premenstrual syndrome and the accompanying anxiety, at least they know the psychological dynamics experienced by female adolescents.
3. This study is expected to be useful for educators, health practitioners and psychologists so that they can provide counseling guidance and find alternative medical treatments for female adolescents who experience anxiety in facing premenstrual syndrome.

THEORETICAL FRAMEWORK

In their lives, humans will experience stages of development, one of which is the adolescence stage, which is approximately from the age of 11 to 21 years. Developmental psychology experts (Laurence, 1993:5) divide the adolescence stage into three age stages, namely: early adolescence, middle adolescence and late adolescence.

Approaching early adolescence, both men and women will experience a large number of physical changes so that this period is called puberty (Rumini and Sundari, 2004:63). These rapid changes cause many teenagers to experience anxiety. Many of them are amazed to see the changes in their bodies while wondering in their hearts whether the changes are normal or not (Sarlito, 1999:23). This generally occurs in women who do not get clear information about puberty from their parents or closest people or are not psychologically prepared for the physical or psychological changes during puberty (Hurlock, 1980:198).

One of the changes that occurs especially in women is the arrival of the first menstruation (menarche). Some women welcome the arrival of the first menstruation with a positive attitude, meaning that the woman considers menstruation as something normal experienced by all women. Women feel their self-esteem increases because menstruation is used as a measure of the maturity of their reproductive organs. Menstruation gives birth to a symbol for women to prove to society that they are now real women (Conger, 1991:91).

However, there are still many women, especially in Asian countries, who experience anxiety before their first menstruation. Cultural factors that consider menstruation as taboo cause information about menstruation to not be widely discussed. This results in early adolescent women not getting thorough preparation (Rice, 1990:312). Women lose some information that should be told to them so that they do not experience hassle when menstruation approaches. If this happens, early adolescent women will show a negative attitude towards menstruation which will eventually cause anxiety every time menstruation approaches (Conger and Petersen, 1984:112).

Kartini Kartono (1989:127) argues that "anxiety is caused by continuous fear where individuals are often faced with repeated hardships and failures". In other words, anxiety is always preceded by an event that is considered frightening. Individuals try to overcome the event but instead experience hardship and failure which has an impact on anxiety.

Based on the above understanding, adolescents will experience anxiety about menstruation because in their menstrual experience, individuals often experience unpleasant physical and mental symptoms. Women experience dissatisfaction with their menstrual experience which tends to be troublesome so that negative thoughts and feelings arise about menstruation. This negative reaction is manifested in anxiety before the next menstruation. Individuals become very worried and anxious before menstruation. Therefore, the experience of menarche (first

menstruation) has an impact on the presence or absence of anxiety before the next menstruation.

Anxiety will increase if in her menstrual cycle women experience premenstrual syndrome, namely a number of unpleasant physical symptoms and emotional fluctuations (mood) before or during menstruation as a result of hormonal imbalance. These physical symptoms include stomach cramps, headaches, back pain, swollen and sore breasts, acne, while emotional symptoms include feelings of depression, easy to cry, easy to get angry, easily offended, tense and difficult to concentrate (Rice, 1990:131).

Some experts argue that early adolescent women show more anxious behavior in facing menstruation compared to late adolescent women. McGrory (in Rice, 1993:101) found that adolescent women who have experienced several menstruations will have a positive image or attitude towards menstruation than young women who have just experienced menstruation. This makes it possible that late adolescent women experience a decrease in anxiety levels towards premenstrual syndrome. This opinion is also supported by Klien and Litt (in Conger, 1991:93) who in their research found that 31 to 78 percent of women will experience high physical and mental symptoms during the first 5 years after menarche (first menstruation). This means that the higher the pathological symptoms experienced during menstruation, the higher the anxiety of women in approaching menstruation, especially during early adolescence.

Attitudes towards menstruation are largely determined by several factors, namely: experience as women age, level of psychological development, level of education and environment. (Kartini Kartono, 1981:120). Anxiety will decrease as women age and become more psychologically mature. Knowledge or information obtained about menstruation and a conducive environment can reduce women's anxiety.

Anxiety and complaints about premenstrual syndrome are strengthened if individuals do not receive support from the environment, such as negative cultural views on menstruation or parental attitudes that ignore menstrual information for their children, which ultimately causes negative responses to menstruation. These negative responses are one of the factors that can increase complaints and anxiety about premenstrual syndrome. On the other hand, early adolescent women are not yet psychologically mature. Their emotional and social patterns are very unstable compared to late adolescent women, so this has an impact on increasing anxiety before menstruation.

According to a new study in Chicago, women with higher levels of stress are twice as likely to experience menstrual pain as women who are stress-free. Stress can affect the levels of the hormones progesterone and prostaglandin, which are powerful stimulants of smooth muscle contractions. The higher the levels of these hormones, the greater the likelihood of experiencing menstrual pain (Hardi, 2005:252).

Buhler (Hurlock, 1980:185) said that in early adolescence, female adolescents tend to show negative attitudes and behaviors (including unstable emotional and social patterns) compared to late adolescence women who begin to have mature attitudes and behaviors. Adolescents become concerned about their physical condition and often, especially women, become inferior because their expectations for their physical appearance are not met. In addition, Monks and Knoer (1999:268) added that female adolescents also experience many demands from parents and society that were not experienced in the previous period. Women feel that the burden given is too great, so that it causes frustration and inner conflict for early adolescence women. This

stressful situation causes early adolescence women to experience a higher risk of menstrual pain. This has an impact on increasing anxiety in dealing with premenstrual syndrome than late adolescence women.

HYPOTHESIS

Based on the descriptions above, the following hypothesis is formulated: There is a difference in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women in the Jakarta Baptist Christian Church Youth Commission.

RESEARCH METHODS

This study is a comparative study that aims to investigate significant differences in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women.

The population of this study was 64 adolescent women consisting of 32 early adolescent women and 32 late adolescent women. This study used incidental sampling techniques and the anxiety scale was arranged based on a Likert scale consisting of 4 factors and 44 items. All calculations were performed using SPSS version 11.05 for Windows. The validity analysis of the instrument used the Pearson Product Moment formula and produced 33 valid items (significance level 5%), 11 items were declared invalid. While the reliability test used Alpha Cronbach with a result of 0.9882. Analysis of the research data was carried out using the independent sample t-test.

RESEARCH RESULT

From the results of data analysis, the calculated t value is 3.414, which is greater than the t table of 1.935 ($df = 62$) and the probability value (p) is 0.001 (< 0.05). The figure above shows that H_a , which states that there is no significant difference in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women at the Jakarta Baptist Christian Church Youth Commission, is accepted and H_o is rejected. Based on the results of the categorization test, early adolescent women have moderate anxiety while late adolescent women have low anxiety.

DISCUSSION

Being a woman is not as easy as imagined. The role and responsibility of a woman begin to be felt when they start to enter adolescence. During their growth process, young women must go through a number of physiological changes. However, young women are often not satisfied with the physical changes they experience, resulting in unpleasant psychological impacts. Approaching adolescence, women have a high ideal concept of body shape that was never thought of in the previous stages. So that this often causes dissatisfaction for women. Hurlock (1980:198) states that there are very few early adolescents (puberty) who are able to approach the ideal physical condition like adults. Therefore, they are often filled with feelings of dissatisfaction with their body shape and appearance.

Many female teenagers experience discomfort during body changes, one of which is when they enter the menstrual period. Not all female teenagers experience this discomfort, but most female teenagers experience serious problems before menstruation such as cramps, gaining weight, headaches, backaches and others. These symptoms are known as premenstrual syndrome. Many women do not accept such a reality and many of them make menstruation a traumatic experience. Therefore, various psychological reactions arise as a result of female

teenagers' dissatisfaction with menstruation, such as feelings of sadness and excessive anxiety (Hasselt and Vincent, 1987:123).

So many women have unknowingly fallen into anxiety when approaching menstruation. Feelings of anxiety and sadness or depression dominate almost 80% of women who experience premenstrual syndrome (Faisal Yatim, 2001:7). The awareness that teenage boys do not experience periodic discomfort like women do when approaching menstruation has increased the reaction of rejection of the expected sex role (Hurlock, 1980:199). In general, women tend to be anxious when approaching menstruation, especially for teenage girls who have just entered puberty (early adolescence).

Likewise, the research conducted by the author on female teenagers at the Jakarta Baptist Christian Church Youth Commission. The author compared anxiety before menstruation between early adolescent women and late adolescent women. It turns out that the results of the study showed that female teenagers experience symptoms of anxiety when approaching menstruation as a result of a number of unpleasant physical symptoms or premenstrual syndrome. At the time of data collection, the sample was asked to write down the symptoms they experienced when approaching menstruation on a self-identity sheet before working on the anxiety scale. This aims to help the purity of the data to be taken. In other words, samples that are known through the identity sheet not to have menstruated and not to have premenstrual syndrome will be ignored or not used in this study. The results obtained are that all female teenagers, both early adolescents and late adolescents at the GKBJ Youth Commission, experience premenstrual syndrome which is generally with symptoms such as back pain, abdominal pain, acne, breast swelling, weight gain and other psychological symptoms such as irritability, difficulty concentrating, sensitive, easily offended, easily sad and others.

To differentiate anxiety between early adolescent women and late adolescent women, an anxiety scale was given to the research subjects at the Jakarta Baptist Christian Church Youth Commission as many as 64 samples. From the results of data analysis tests from 32 samples of early adolescent women and 32 late adolescent women, the results of the study showed that there was a difference in anxiety between early adolescent women and late adolescent women in dealing with premenstrual syndrome.

The highest mean value is for early adolescence women at 81.5938 and the mean value for late adolescence women is smaller at 77.9355. The t-test calculation using 32 early adolescence samples and 32 late adolescence samples produces a calculated t value of 3.414. When tested with a t table with $df = 62$, which is 1.935 (significance level 0.05), it means that the calculated t is greater than the t table while the probability value (p) obtained is 0.001 (<0.05). Thus, it can be interpreted that between the two sample groups above there is a difference in anxiety in dealing with premenstrual syndrome.

From the categorization test, it states that the mean anxiety score of early adolescence women (81.5938) is in the moderate category. While the anxiety score of late adolescence women (77.9355) is in the low category. This means that early adolescence women have higher anxiety compared to late adolescence women.

Statistical tests prove that the null hypothesis (H_0) is accepted where early adolescence female subjects show higher anxiety reactions before menstruation compared to late adolescence female subjects. The high anxiety reaction of early adolescence women before menstruation can be caused by their lack of experience in dealing with menstruation. Kartini Kortono

(1981:120) said that early adolescence women with their very young age, lack of experience and unstable psychological development tend to be more susceptible to anxiety before menstruation. Early adolescence women consider menstruation as a new burden or as a new unpleasant task. They feel very limited in their freedom by menstruation so that in the early years of menstruation they often experience anxiety. As they get older, female adolescents slowly begin to accept their physical condition and begin to develop positive views and attitudes towards menstruation in late adolescence so that this allows for reduced anxiety about premenstrual syndrome.

Another thing that causes early adolescent women to be more anxious is the lack of information received by early adolescent women before menstruation. This can cause them to be shocked or surprised and feel amazed by the changes that occur in their bodies (Conger, 1991:91). Early adolescent women often experience menstruation before being mentally prepared. An unpleasant first experience can create a negative view of menstruation so that women are often anxious when facing menstruation the following month. This is common for Asian women because of cultural factors that still consider menstruation as taboo and rarely talked about (Rice, 1990:131). For women who receive education and attention from parents or schools, they will consider menstruation as something normal. Research shows that women who are equipped with more knowledge about menstruation tend to view menstruation as a positive experience (Koff et al. in Rice, 1993:131).

It is different with late adolescence women who are 18 to 21 years old. They have obtained a lot of information about menstruation that they did not get when they were in early adolescence. Currently, they are more experienced in dealing with menstrual pain so that it reduces anxiety reactions before menstruation. The negative views on menstruation obtained in early adolescence gradually change over time following their age and experience in dealing with menstruation.

CONCLUSION

Based on the results of the statistical tests that have been conducted, it can be concluded that there is a difference in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women at the Jakarta Baptist Christian Church Youth Commission.

SUGGESTION

Practical Advice

1. Based on the results of the categorization test on early adolescent women, it is known that early adolescent women at the Jakarta Baptist Christian Church Youth Commission have moderate anxiety compared to late adolescent women who have low anxiety levels in dealing with premenstrual syndrome. Therefore, it is hoped that early adolescent women will be willing to communicate and ask late adolescent women about ways to deal with menstrual pain so that they are able to overcome anxiety when approaching menstruation.
2. Inviting experts to provide counseling or guidance on sex to early and late adolescent women at the Jakarta Baptist Christian Church Youth Commission so that they are able to overcome anxiety about premenstrual syndrome.

Theoretical Suggestions

1. To obtain richer and deeper data, it can be tried by using qualitative methods and increasing the number of samples. In this case, the research sample is subjected to interviews with the aim of revealing other things that are not included in the scale created by the author.

2. Further research is expected to add other variables, namely by looking at differences in anxiety about premenstrual syndrome based on sex education and coping strategies. Because it is possible that these things will affect the results of the study.

BIBLIOGRAPHY

- _____, (1991). *Introduction to Psychology (Volume 1)*. Jakarta: Erlangga.
- _____, (1989). *Abnormal Psychology and Sexual Abnormality*. Bandung: CV. Mandar Maju.
- _____, (1993). *The Adolescent: Development, Relationship & Culture Boston: Allyn & Bacon Press. Inc.*
- Amien, M. (1994). *Biology SMU 2*. Jakarta: Balai Pustaka.
- Anastasi, A., & Urbina, S. (1997). *Psychological Testing (7th ed)*. USA: Prentice Hall, Inc.
- Atkinson (1993). *Introduction to Psychology (Volume 2)*. Jakarta: Erlangga.
- Azwar, S. (2003). *Reliability and Validity*. Yogyakarta: Pustaka Belajar.
- Calvin, S. Hall. (1993). *Psychodynamic Theories*. Jakarta: Kanisius.
- Chaplin, J.P. (2004). *Complete Dictionary of Psychology*. Jakarta: PT. Raja Grafindo Persada.
- Choi, Precillia. (1994). *Female Sexuality*. London: Harvester Wheatsheaf.
- Conger. (1991). *Adolescence and Youth in a Changing World (4ed)*. New York: Harpercollins Publishers.
- Conger and Petersen. (1984). *Adolescence and Youth in a Changing World (3ed)*. New York: Harper and Row Publishers.
- Dadang, S. (1995). *Adolescent Psychology Dimensions of Development*. Bandung: CV. Mandar Maju.
- Edelmann, R.J. (1992). *Anxiety Theory Research and Intervention in Clinical and Health Psychology*. New York: John Willey & Sons.
- Frikson, C.S. (1994). *Overcoming Anxiety in Adolescents*. Anima Psychology Journal 37, Vol. IX, 21-25.
- Guilford and Fruchter. (1978). *Fundamental Statistics in Psychology and Education*. Singapore: Mc Graw-Hill.
- Hadi, S. (1993). *Research Methodology (Volume II)*. Yogyakarta: ANDI Offset.
- Haggai, J.E. (2004). *How to Overcome Anxiety*. Batam: Gospel Press.
- Hardi, Susanto. (2005). *Is Your Menstruation a Problem? Cosmopolitan Magazine*. March, p. 248.
- Haselt and Vincent. (1987). *Hand Book of Adolescent Psychology*. New York: Pergamon Press.
- Hurlock, E.B. (1980). *Developmental Psychology: A Lifelong Approach (5th ed.)* Jakarta: Erlangga.
- Iskandar, Y. (1988). *Depression and Anxiety (Vol. 8)*. Jakarta: Dharma Graha Foundation.
- Judith and Nancy. (1983). *Adolescence and Early Adulthood*. California: Mayfield Publishing Company.
- Julius and Riri. (1987). *Stepping Into the Realm of Adulthood*. Jakarta: Kanisius.
- Kaplan and Sadock. (1997). *Synopsis of Psychiatry (Volume 2)*. Jakarta: Bina Putra Aksara.
- Kartono, K. (1981). *Psychology of Women: Getting to Know Adolescent Girls and Adult Women*. Bandung: CV. Mandar Maju.
- Karyadi, E. (1999). *Combating Premenstrual Pain*. Intisari Journal. May, 1-4.
- Kerlinger, F. (1986). *Foundation of Behavioral Research (3ed)*. Harcourt Brace Jovanovich College Publishers.
- Kuncono. (2004). *Computer Application of Psychology*. Jakarta: Universitas Persada Indonesia Y.A.I
- Laura, B. (2003). *Child Development (6ed)*. USA: Pearson State University, Inc.

- Laurence, S. (1993). *Adolescence (3rd ed)*. New York: Mc Graw-Hill.
- Lestari, Ayu. (1988). *Study of Differences in Anxiety Reactions*. Anima Psychology Journal 16, 73-80.
- Mappiere, A. (1982). *Adolescent Psychology*. Surabaya: National Effort.
- Maramis, W.F. (1998). *Notes on Psychiatry*. Surabaya: Airlangga University.
- Moldenhauer, J. (1998). *The Premenstrual Syndrome: Systematic Diagnosis and Individualized Therapy*. Journal of the Psysician and Sportsmedicine 4, Vol. 26.
- Monks and Knoers. (1999). *Developmental Psychology*. Yogyakarta: Gajah Mada University.
- Papalia and Olds. (2004). *Human Development (9th ed)*. New York: McGraw Hill Companies.
- Purwestri, S.S. (2003). *The Role of Premenstrual Syndrome on Premenstrual Depression in High School Students*. Insight Journal 1, 26-35.
- Rice, Philip. (1990). *The Adolecent*. Boston: Allyn & Bacon Press. Inc.
- Roan, J.W. (1980). *Therapy to Change Behavior (1ed)*. Yogyakarta: Speed Offset.
- Rumini and Sundari. (2004). *Child and Adolescent Development*. Jakarta: PT. Rineka Cipta.
- Santrock. (1996). *Adolescent Development (6ed)*. Jakarta: Erlangga.
- Sarlito. (1999). *Adolescent Psychology*. Jakarta: PT. Rajawali.
- Spelberger. (1983). *Manual for State-Trait Anxiety Inventory*. California: Consulting Psychologist Press. Inc.
- Sue, David. (1994). *Understanding Abnormal Behavior (2ed)*. Boston: Houghton Mifflin Company.
- Wendy & Kelsey. (2001). *The Puberty Book: A Guide for Teenagers*. Jakarta: Gramedia.
- Yatim, F. (2001). *Irregular Menstruation and Menopause*. Jakarta: Pustaka Populer Obor.