HUBUNGAN MENOPAUSE DENGAN KEJADIAN DEPRESI DI KOTA PADANG

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THE RELATIONSHIP BETWEEN MENOPAUSE AND INCIDENCE OF DEPRESSION IN PADANG CITY

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Abstract

Background: Menopause is a condition in which a woman is no longer menstruating permanently due to the loss of ovarian follicles activity. In the menopause period there are changes in hormone secretion causing various physical and psychological changes in women. Alterations in the reproductive hormone contribute to depressive symptoms in susceptible women. Increase in life expectancy will be followed by an increase in the number of menopausal women and thus, increasing the incidence of depression. Depressive symptoms can be mild, moderate and severe. Mild to moderate depressive symptoms are associated with decreased quality of life and severe symptoms may lead to suicidal thoughts. Decreased quality of life is followed by increased morbidity and the need for treatment and therefore, causing increase in the government's economic burden. Management of health conditions in elderly women should be carried out with multidisciplinary approach.

Research Objectives: This study aims to determine the relationship between menopause and the incidence of depression in women in Padang City.

Methods: This study was an analytical observational study with a comparative cross-sectional approach which investigated the relationship between menopause and the incidence of depression. In this study, symptoms of depression were measured using the Hamilton Depression Rating Scale (HDRS). The study was conducted on postmenopausal and pre-menopausal women with an age range of 45 - 60 years (8 years after FMP) who were in the working area of Padang Primary Health Care Center from April to July 2020. The total number of women who were included in the statistical analysis after meeting the inclusion and exclusion criteria were 170 people. The subjects were divided into two groups which are 85 women in the pre-menopausal group and 85 women in the

menopause group. Bivariate analysis was performed using chi-square test with a significant p-value of <0.05 to find the relationship between menopause and depression.

Results: There is a relationship between menopause and the incidence of depression (p-value <0.0001). Factors which influence the incidence of depression in menopausal group are the menopausal age (p-value <0.0001), history of current illness (p-value <0.0001). , income (p-value <0.0001), employment (p-value <0.02) and education level (p-value <0.001).

Conclusion: There is a relationship between menopause and incidence of depression (p <0.05). There is a relationship between age, current medical history, income, occupation, and education level with the incidence of depression (p <0.05). There is no relationship between duration of menopause, marital status, and BMI with incidence of depression (p> 0.05).

Keywords: Depression, Hamilton Depression Rating Scale, Menopause