

## Conference Paper

# The Multidimensional Scale of Perceived Social Support Among Menopausal Women

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This study aimed to determine the multidimensional scale of perceived social support among menopausal women. A cross-sectional design was used. The total number of participants was 235 women, recruited by convenience sampling. The mean age of the women was 52.38 with a standard deviation of 4.17 years. The number of premenopausal, perimenopausal, and postmenopausal women was 72, 68 and 95, respectively. This study showed that the social support that the postmenopausal women received from their families was higher than that of the premenopausal women.

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## 1. Introduction

Menopause is the permanent cessation of menstruation in a woman, so she cannot give birth to a child [1]. Menopause is a time when a woman experiences emotional, physical, sexual changes and menstruation for years before menopause [2]. Menopausal women will face challenges, including women will experience uncertain changes in conditions associated with menopause. then they must learn to cope with the changes that occur during menopause.

Several previous studies reported that postmenopausal women will experience changes in body weight, physical changes, painful joints, fatigue (3, 4). Research also reports sexual changes, changes in sexual arousal, decreased desire, and infrequent sexual activity (5, 6). This transition will take place over the years.

To solve the problems that occur in menopausal women, support is needed either informationally, instrumentally, or emotionally. Some studies explain the relationship between social support and menopause (7, 8), other studies the impact of social support

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on women's well-being and health (9, 10). In this study, we want to know about social support in menopausal women and the existence of more attention to the transition period in menopausal women.

## 2. Methods

This study used a cross-sectional. 235 subjects were recruited in this study. The inclusion criteria of this study were could write and speak Indonesia, doing a social activity. The exclusion criteria of this study were subjects who had a psychiatric problems. The questionnaire of this study was The Multidimensional Scale of Perceived Social Support (MSPSS). Significant other subscales such as items 1, 2, 5, & 10 and divide by 4. Family subscale such as item 3, 4, 8, & 11 and divide 4. Friends subscale such 6, 7, 9, & 12 and divide by 4. The score between 1 and 2.9 indicated low support, scores between 3 and 5 indicated moderate support, and scores between 5.1 and 7 indicated high support (11). Which is 1 "very strongly disagree" 2 "strongly disagree" 3 "mildly disagree" 4 "neutral" 5 "Mildly agree" 6 "strongly agree" 7 "very strongly agree". SPSS version 21.0 was used to analyze this study. Mean and standard deviation (SD) was used in this study. To analyze the connection between menopause status and level of perceived social support was used T-test (12).

## 3. Results and Discussion

235 women were recruited in this study. The mean age of women was 52.38 with a standard deviation was 4.17 years. 118 (50.2 %) women have less than 2 kids. Most women about 145 (61.7 %) Body mass index (BMI) less than 18.5. 179 (76.2 %) women have work. 193 (82.1 %) have a nuclear family. 136 (57.9 %) have a family income of less than 2 million. 139 (59.1) have a history of disease and the mean of social support was 59.74 with a standard deviation of 14.82. The number of premenopausal women, perimenopause, and postmenopause was 72, 68, 95, respectively (Table 1). Table 2 showed the Average value of MSPSS for menopause women. Table 3 showed that level of perceived social support across menopause status on premenopause was 18.5, 20.18, 18.28, respectively. Perimenopause was 20.03, 20.76, 18.72 for significant others, family, friends respectively. And Postmenopause was 21.14, 21.27, 19.58 for significant others, family, friends respectively.

The mean age for menopause women in this study was 52.38 years with a standard deviation of 4.17. this age is lower than in Sinhala country which is around 56.5 years old

TABLE 1: The sociodemographic characteristics.

Characteristics	Mean (SD)	n	%
Total number of women		235	100
Age (years)	52.38 (4.17)		
Number of children			
≤ 2		118	50.2
> 2		117	49.8
BMI	24.24 (3.58)		
< 18.5		145	61.7
18.5 – 24.9		70	29.8
25 – 29.9		20	8.5
Working			
Yes		179	76.2
No		56	23.8
Family			
Nuclear		193	82.1
Extended		42	17.9
Education			
Elementary school		84	35.7
Junior high school		65	27.7
Senior high school		70	29.8
University		16	6.8
Family income(IDR/month)			
< 2 million		136	57.9
≥ 2 million		99	42.1
History of disease			
No		96	40.9
Yes		139	59.1
Menopausal status			
Premenopausal		72	30.6
Perimenopause		68	28.9
Postmenopausal		95	40.4
Social Support	59.74 (14.82)		

SD, standard deviation; IDR, Indonesian rupiah; BMI, body mass index.

(13). The mean age of menopause women in Arab was 49.55 years (14). This study was used The Multidimensional Scale of Perceived Social Support (MSPSS) questionnaire. Some countries were used the MSPSS questionnaire for access to social support, such as Thailand (15), Russian (16), Pakistan (17), Malaysia (18). This study showed that social support correlates with menopause women. Our findings consistent with previous studies explained that social support has a relationship with menopause women (8, 19).

TABLE 2: The average value of MSPSS for menopause women.

Items	Item description	Mean (SD)	Skew	Kurt
	MSPSS			
1	There is a special person who is around when I am in need.	4.77 (1.71)	-0.61	-0.66
2	There is a special person with whom I can share joys and sorrows	5.13 (1.73)	-0.97	-0.70
3	My family really tries to help me	5.32 (1.39)	-1.15	0.73
4	I get the emotional help & support I need from my family.	5.20 (1.64)	-1.26	0.72
5	I have a special person who is a real source of comfort to me.	5.09 (1.64)	-0.75	-0.49
6	My friends really try to help me.	4.84 (1.46)	-0.73	-0.39
7	I can count on my friends when things go wrong.	4.41 (1.81)	-0.54	-0.92
8	I can talk about my problems with my family.	5.14 (1.58)	-0.99	0.29
9	I have friends with whom I can share my joys and sorrows.	5.03 (1.44)	-0.89	0.01
10	There is a special person in my life who cares about my feelings.	5.02 (1.72)	-0.97	0.13
11	My family is willing to help me make decisions.	5.12 (1.61)	-0.95	0.28
12	I can talk about my problems with my friends.	4.66 (1.67)	-0.47	-0.94

In this study, the mean of social support of menopause women was 59.74 with a standard deviation was 14.82. The mean of social support evaluated in Iran was 59.73 and the standard deviation was 15.74 (20). This result was found that almost similar to the present study. And this study was higher than the study conducted in Shanghai, China (21). and Turkish [8].

The results of this study indicate that the social support that postmenopausal women receive from their families is higher than that of premenopausal women. The results of this study are directly proportional to the research conducted in Shanghai, China (21). A previous study that did in Turkish menopause about the relationship between social support also explained that menopause women got strong support from their family, and friends, and others [8]. The demographic data in this study shows that postmenopausal women live with their children, husbands, and siblings, so this makes it easier for women to discuss and communicate intensely with their families. and get support from family by sharing their symptoms or complaints. As well as sharing information with family members, enabling higher family social support. The limitation of this study was used a self-reporting questionnaire and the cycle of menstruation could be different.

TABLE 3: Level of Perceived Social Support Across Menopause Status.

Item	Level of Perceived Social support	Mean	SD	P-value
<b>Premenopause</b>				< 0.001
Significant other	Moderate support	18.50	5.94	
Family	Moderate support	20.18	4.92	
Friends	Moderate support	18.28	4.77	
<b>Perimenopause</b>				< 0.001
Significant other	Moderate support	20.03	5.97	
Family	High support	20.76	5.37	
Friends	Moderate support	18.72	5.71	
<b>Postmenopause</b>				< 0.001
Significant other	High support	21.15	5.49	
Family	High support	21.27	5.22	
Friends	Moderate support	19.58	5.39	

## 4. Conclusion

The mean age of menopausal women in this study was used MSPSS was 52.38 with a standard deviation of 4.17 years. This study showed that the social support that postmenopausal women receive from their families is higher than that of premenopausal women. Further research suggests that investigating other factors that are related to Social support in menopause women.

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