



Gym and Spiritual Emotional Freedom Technique (SEFT) to Reduce Menopause Symptoms

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Abstract. Background : Menopause is a natural event that occurs in every woman. The natural phenomenon is influenced by different contexts and individual perceptions. As a large number of elderly people want to be respected as a whole individual. Sukajadi is one of the cities in Bandung that has a densely populated population including elderly women who certainly experience menopause. The purpose this activities are to increase knowledge and skills of women about menopause (the concept of menopause, menopause physiology, menopausal problems), gymnastics and spiritual Emotional Freedom Technique (SEFT) to reduce menopause symptoms.

Methods : The activities carried out in two semesters (January 2018 to December 2018) in Sukajadi, Bandung City, Indonesia. This activity involved 40 menopausal women in Sukajadi as partner

Results : Activities have been carried out in 30 times. there is an increase in partner knowledge and skills in gymnastics and SEFT. The symptoms of menopause can be reduced through health education about menopause and problems.

Conclusion : Gymnastics and SEFT can use at the primary health center area to reduce menopause symptom

Introduction

The number of elderly women is more than that of elderly men. This of course has an impact on the health service needs of the elderly. The age group is broadly dependent on each definition based on the needs of the program. But the definition that is widely understood is the age of more than 45 years and over. A woman will leave her reproductive age (generally ranging from 15-44 years) and not so with men. This process will definitely have an impact on changes in reproductive health service needs. The median age of menopause, which is a period without menstruation, is 51.3 years and menopause can occur at the age of 48-55 years. Perimenopause can occur 3-5 years before menopause. In the perimenopause period a woman's estrogen level cannot be predicted, the ovary begins to shrink, and fertility decreases.¹

One of the services to the elderly at the community level, which is run by the Ministry of Health of the Republic of Indonesia is the Integrated Development Post (Posbindu). Posbindu

is a service forum for the elderly in the community, whose process of formation and implementation is carried out by the community together with non-governmental organizations (NGOs), across government and non-governmental sectors, private sector, social organizations and others, by focusing on promotive and preventive efforts. The elderly integrated development post (Posbindu) is one of the institutions for UKBM aimed at the elderly in a certain area that has been agreed to by involving the participation of the elderly, families, community leaders.

The goal of Posbindu is the elderly including elderly women who experience premenopause (climacterium) and menopause. Elderly women who come to Posbindu can undergo a health examination including examinations related to menopause symptoms, health education, elderly gymnastics and SEFT by health workers.

Sukajadi is one of the cities in Bandung that has a densely populated population including 4898 elderly women. Based on preliminary studies, there are problems with 50% of elderly women

complaining of menopausal symptoms that they experience both physically and psychologically for menstrual disorders in premenopause, fatigue, aches, hot flash, anxiety, sleep disorders. During the Posbindu activity management has not been carried out to reduce the symptoms of menopause.

The symptoms of menopause can be reduced through health education about menopause and its problems, elderly gymnastics and Spiritual Emotional Freedom Technic (SEFT). Health education provides understanding to the elderly about the symptoms they experience. Elderly gymnastics is a mild exercise carried out in the elderly who will help the body to stay fit and fresh because it keeps the bones strong, encourages the heart to remain optimal and helps eliminate free radicals. Based on the results of research Ratnawati (2010) states that gymnastics is influential in preventing low back pain against lumbar flexibility in the elderly.² there is a relationship between exercise behavior towards the level of hypertension in the elderly.³ According to Research that exercise affects the reduction of symptoms of insomnia.⁴

Psychological symptoms of menopause in elderly women can be reduced by Spiritual Emotional Freedom Technique (SEFT). SEFT is a combination of Spiritual Emotional Freedom Technique (SEFT) that utilizes the body's energy system to improve the state of mind, emotions, and human behavior. The principle of SEFT is to overcome health problems by attaching the body's key energy points. Based on the results of research, SEFT affects the anxiety of elderly women and is recommended to overcome anxiety in menopausal women.⁵

Methods

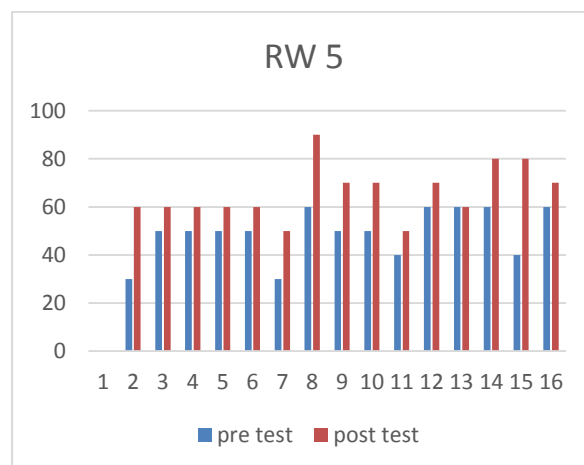
The Intervention carried out in two semesters (January 2018 to December 2018) in Sukajadi, Bandung City, Indonesia. This activity involved 40 menopausal women in Sukajadi.

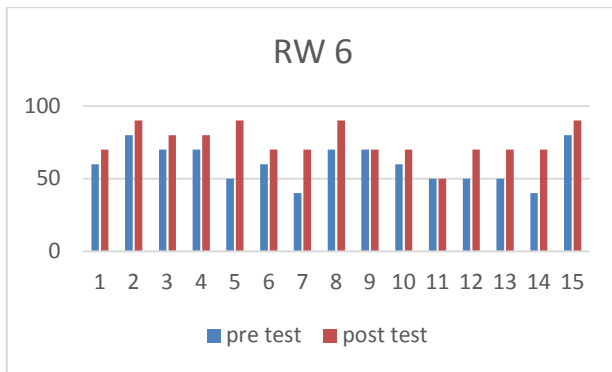
Procedure in intervention are collaborate with the coordinator midwife and the head of the primary health center, Making health education media regarding menopause, gymnastics and SEFT, Provide health education to groups of elderly women regarding menopause and its treatment, Teaches gymnastics and SEFT (Spiritual Emotional Freedom Technique) movements in elderly women as a method that can reduce menopausal symptoms, Mentoring elderly groups of women, Evaluating the elderly group of women for menopausal complaints after being given an intervention

Results and Discussion

The results showed 17,5 % menopausal women had high blood pressure, 100% experienced menopausal complaints with a variety of complaints. Menopause is a natural event that occurs in every woman. These natural events are influenced by different contexts and individual perceptions. As large as the elderly want to be respected as a whole individual. Some elderly respect health and want to obtain health information for the elderly comprehensively. Many elderly people also feel afraid to grow old and embarrassed to ask questions about health. Some of the elderly also make it a habit to maintain health, become smarter about healthy conditions for the elderly. This is needed as an anticipation for health in forming interactions with the elderly. Problems that occur during menopause include physical and psychological problems. Each menopause causes unique symptoms such as dry vagina, hot flashes, psychological and emotional symptoms (fatigue, irritability, insomnia and anxiety, anxiety), cognitive difficulties, lack of concentration and weakening of memory may be associated with changes in blood vessels, loss of sexual arousal, decreased libido, urinary incontinence. Therefore, elderly women will often visit health services because of these complaints.^{6,7,8}

The level of knowledge was assessed using a pre-test questionnaire, then the participants were given material according to the planning, then post-tests were conducted to evaluate participants' understanding before and after being given extension on menopause. The result is an increase in knowledge in both partners, as shown in the following graph:





At the end of the evaluation, most community service participants were able to do stretching exercises and SEFT. Participants in both partners said that the complaints they felt before participating in community service activities with gymnastics and SEFT had decreased.

Conclusion

Gymnastics and SEFT activities can be applied in Posbindu to reduced menopausal problems.

Competing Interest

The authors of this paper have no competing interest to report.

Acknowledgement

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