

**ANALYSIS OF SUSCEPTIBLE MENTAL DISORDER WOMEN  
(Study of Anxiety Reviewed from Education Level)**

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**Abstract**

According to Compass Jakarta 2 Mei 2010, women are more prone to mental disorders. Health Research 2007 results showed the prevalence of people aged over 15 years who experience mild emotional mental disorders. They are women 16% and males 9%. It indicated that woman more susceptible to mental disorders. According to the chairman Tun Kurniasih Bastaman psychiatric specialist in organization Doctors of Indonesia declared that women will be easier or more susceptible to suicide. This is because women easier to get mental disorder. According to Dr. RH Budhi Mulyanto, SpKJ in his book entitle *Bina Jiwa*, women have to face more episodes of physical and psychological than men e.g. getting menarche consequently at first menstrual period, pregnancy, lactation, and menopause besides the more growing culture in the community and facing life. Women have heavier stressor than men. Ponorogo is a small district that borders among east Trenggalek, Madiun, Magetan, north of Nganjuk, south of Pacitan Regency, and west of Wonogiri. Although Ponorogo is a small city, there are a lot of women disruptions. Menstruation and woman menopause become the similar problem in Ponorogo regency and other regions. Therefore, the researcher is interesting to recognize susceptible mental disorder woman. Moreover, there is a region in Ponorogo district which the citizens get psychological disorders called skizofrenia dan mental retardation. Thus, Ponorogo has given name as the regency with “Crazy Village”. Thus, it can be concluded that the education level is dreadfully influence the anxiety even to depression. People with low level education will get difficulties in managing their anxiety properly. The influence of good and high level of education will control someone skills to manage anxiety. Since education can manage anxiety, the higher the education level, the more able he manages his emotions well

**Keywords : Women, Mental Disorders, Level of Education**

**INTRODUCTION**

God's creatures called women have unique characteristics, from germinal, levels of rationality, nature, to her roles in the household. There is a lot of sarcastic view of women, such as gentle and full of love because of their soft feeling. Generally women' characteristics include beauty, gentleness, humility and maintenance. Those are the description of women characteristics which are often heard in our country. Anatomical and physiological differences caused the diversity of behavior (Muhibbin, Syafiq Hasyim 2005).

**METHOD**

The method of this research is observational analytic with cross sectional approach. This research conducted in Asabri Residence, Keniten village, Ponorogo Regency. Population of the research is all women in Asabri Residence, Keniten village, Ponorogo Regency from teenagers to elderly. The sampling technique is *Just mental* criteria. Data retrieval based on predetermined criteria, with a large sample of respondents was taken in Asabri Residence, Keniten village, Ponorogo Regency with the number of 22 people. The criteria to be taken are : 1) the young women who experience disimnore ; 2) primigravida pregnant women ; 3) mother during childbirth ; and 4) Women with menopause experience. The research variables were mental disorders women. Data collecting technique was by gathering questioner anxiety HARS. Then, the collected data were analyzed descriptively.

RESULTS

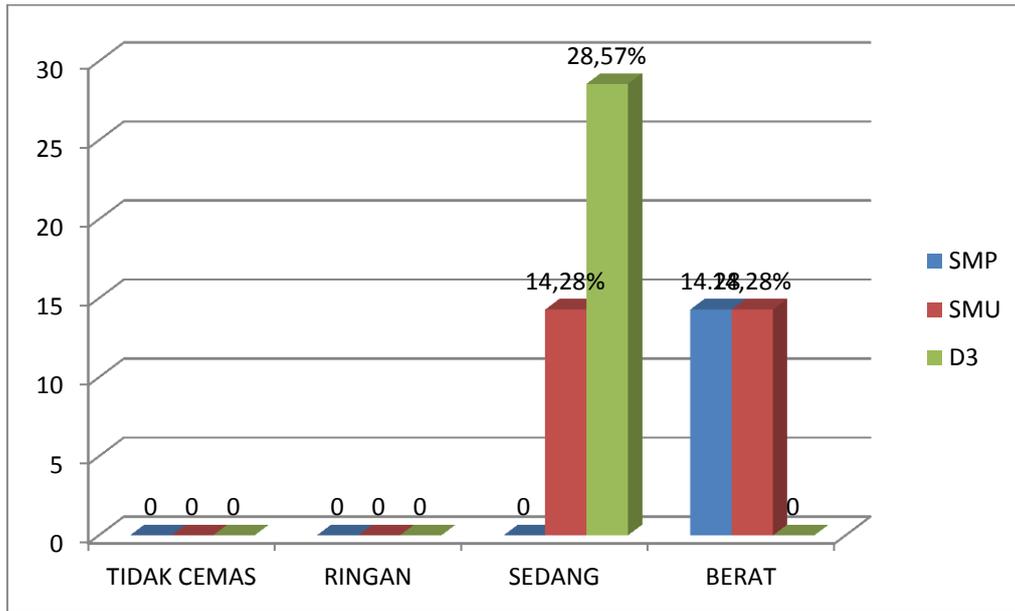


Figure 1. The relationship between anxiety and the level of education of teenagers

Looking from the level of education factor, based on the figure 1, it can be seen that teenagers with the level of D3 have the higher anxiety ( 28.57 % ) than teenagers with junior high school, senior high school, and S1 education level. Teenagers’ education level influence the anxiety especially teenagers with disimnore. They sometimes need mental readiness to face disimnore. Since they get disimnore, they feel excruciating pain that would disrupt the activity that were usually done. Moreover, they spend the time to study in schools and sometime disimnore attack them even they are unconscious.

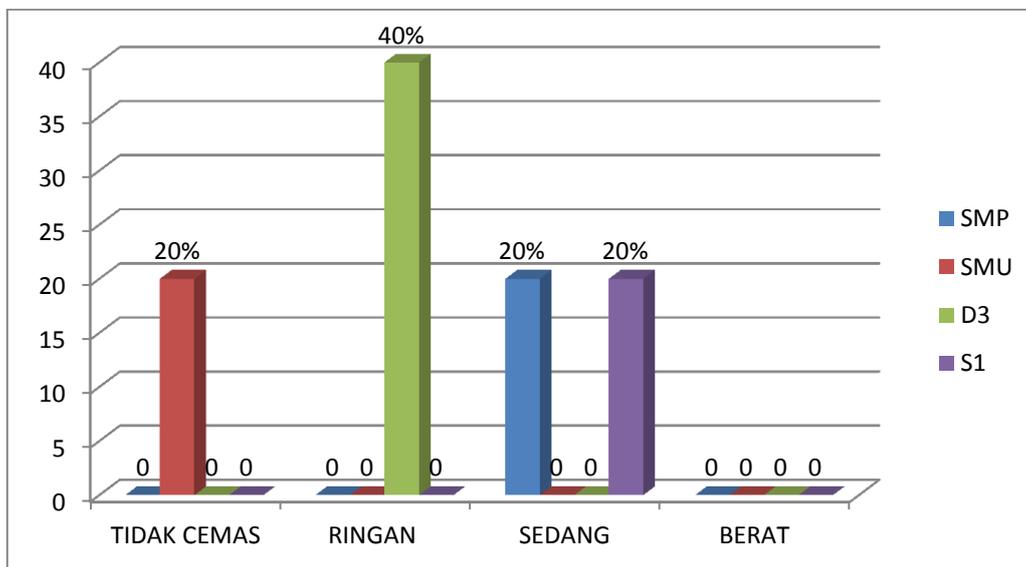


Figure 2. Cross-tabulation between anxiety and maternal educational level

Based on Figure 2, D3 level of education tend to experience mild anxiety . From the results of cross-tabulation between anxiety and level of education, most of them experienced a lack of anxiety up to moderate anxiety.

Looking from the level of education factor, based the table 4.4.2 . it can be seen that pregnant women with D3 educational level have highest anxiety ( 40 % ) compared to pregnant women with a junior high school, senior high school, and S1 education level. Education levels of pregnant women affect the anxiety that occur in woman especially who experience first pregnancy. Since pregnant women who experience first pregnancy usually still follow their parents about myths, and sometimes imagine about labor pain, maternity, and death fear.

When that condition happens, it caused psychological disorders especially anxiety particularly woman with the pregnancy problems. Therefore, it can make the harder anxiety which improve and culminate that caused maternity depression. It becomes the most discomposing because of frightening and anxiety feeling of bad things might happens especially in maternity process.

Anxiety will be more pronounced in pregnant women with hypertension , because the risk is much greater during pregnancy and childbirth.. Pregnant women with hypertension is expected to have a proper and correct manner , so they can manage the anxiety being felt . It involves coping strategies to deal with the situation of stressful situations, challenging, or threatening . ( Ari Fatmawati.psikologi.UMS - ETD - db ) .

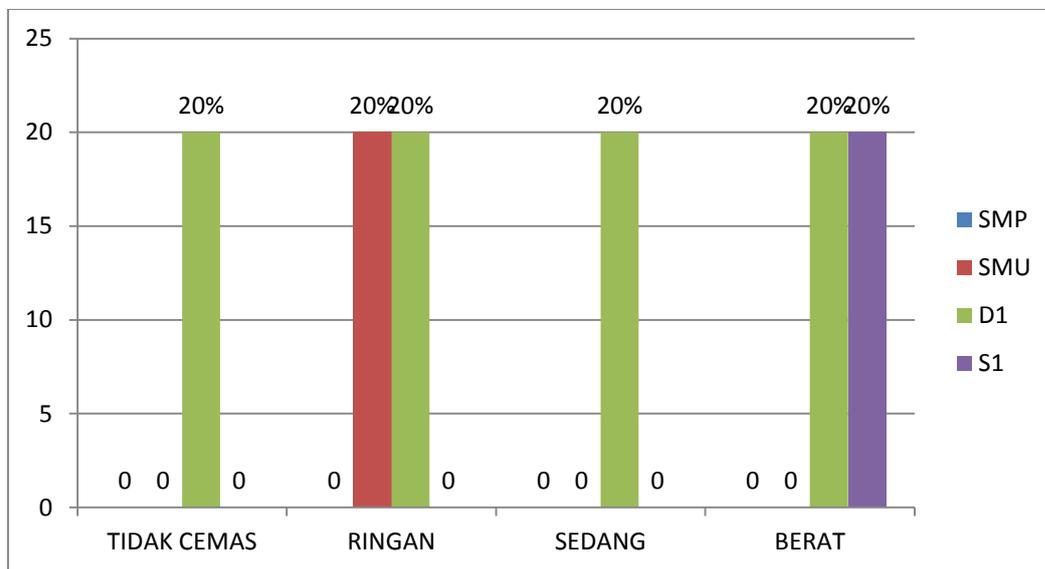


Figure 3. Cross-tabulation between anxiety and level of education of postpartum mother

From the results of cross-tabulation between anxiety and level of education of postpartum mother, it can be seen that the D1 and S1 level of education are likely to experience severe anxiety while D1 likely to experience anxiety. While those who experience mild anxiety is senior high school and D1 education level.

Looking from the factor level of education, based on the table 4.4.2, it can be seen that puerperal women with junior high school, senior high school , D1 and S1 level have experiencing the same level of anxiety ( 20 %). Puerperal period is returning time of the all reproductive organs to forms before pregnancy , which starts after the placenta grow up to six weeks ( forty two days ) .This period includes a critical transition period for the mother , baby, and family physiologically , emotionally, and socially.

This condition often misses the attention by mother and family, because the main concern is more focused on maternal and infant days of pregnancy and childbirth. Whereas, there a contrary condition because morbidity and maternal and infant deaths risks are more common in postpartum period ( Sarwono , 2008).

Based on the results of the study, an estimated 60 % of maternal deaths due to pregnancy occurs after childbirth , and 50 % of deaths during childbirth occurs in the first 24 hours ( Ambarwati and Wulandari , 2012).

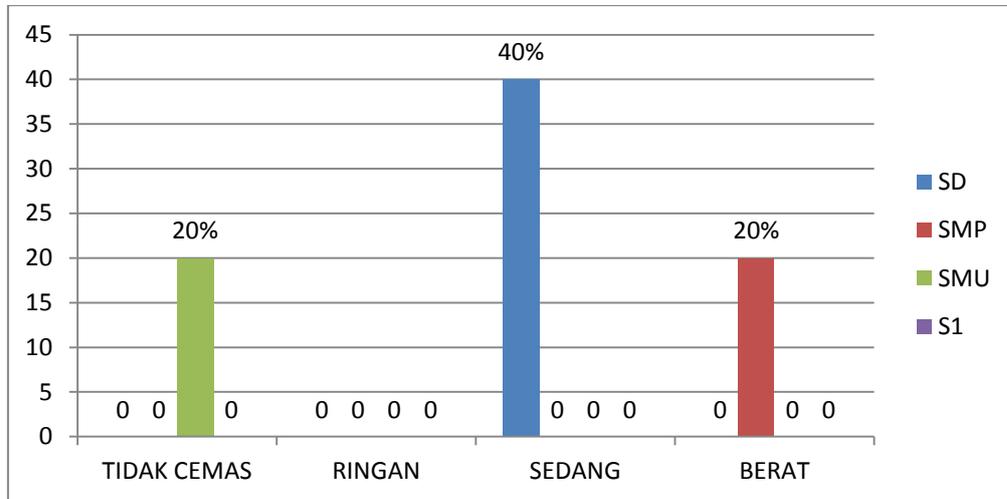


Figure 4. Cross-tabulation between anxiety and the level of education in the mother menopause

From the results of cross-tabulation between anxiety and the level of education in the mother menopause, it can be seen that education high school level do not experience anxiety and anxiety is being whereas elementary school and junior high school tend to experience severe anxiety

Looking from the level of education factor, based on the table 4.4.2 . From the results of cross-tabulation between anxiety and the level of education in the mother menopause, it can be seen that the highest level is moderate anxiety ( 40 %). While those who experience mild anxiety disorder is senior high school ( 20 % ) and those with severe anxiety are those junior high school education ( 20 %).

The definition of menopause based on Kartono (1992 ) , that "men " means month , "pause , Pausa , pausis , paudo " means a period or a stop sign , loss menopause is defined as the definitive cessation of menstruation. Mappiare (1983 stated menopause as a result of the physical and psychological changes that are marked by the cessation of egg production and loss of ability to have children who also marked the cessation menstruation.

**CONCLUSIONS**

From the study of seven teenagers disminore, the results are adolescents ( 28.75 %) had the highest anxiety than junior high school and senior high school students. The research taken 5 result puerperal women with Junior high school , senior high school, D1 , D3 , and S1 finds the same level of anxiety that ( 20 % ) , while anxiety faced from mild , moderate to severe. The results of the research were taken 5 mothers menopause were awarded with highest level of elementary education that is ( 40 % ) . It is compared with menopause educated mothers with junior high, senior high school, and S1 level of education.

Based on the result above, it can be concluded that the level of education greatly affects the occurrence of anxiety , even depression. With a low level of education, it will be difficult to manage anxiety well. Good and high education may affect a person's ability to manage their anxiety.

It is suggested for all women ranging from teenagers to the elderly to view and can detect themselves related to mental disorders. The results of the study stated almost all women experience mental illness. It is better for the family members to help one another. The result of

the research stated that almost all woman get mental disorders so they need support from environment to accept the condition and environment whatever the subject is.

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