
Original Articles**The Effect of Positive Emotional Regulation towards Happiness Level in Menopausal Women**Linda Juwita¹, Ni Putu Wulan Purnama Sari²^{1,2}Faculty of Nursing, Widya Mandala Surabaya Catholic University**Article history:**

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Email: lindajuwita@ukwms.ac.id**Keywords:** *Happiness,**Menopause, Positive Emotions,**Women***Abstract**

Background: Menopausal women experience various physical changes leading to psychological problems, such as anxiety, and may cause negative emotions. Regulating positive emotions in menopausal women may increase the happiness level in this population.

Objective: This study aims to analyze the effect of positive emotional regulation towards the happiness level in menopausal women

Methods: This analytic observational study utilized cross sectional design. The population was all female elders living in community under the supervision of Kenjeran Public Health Center, and the sampel was menopausal women. The independent variable was positive emotional regulation, while the dependent variable was the happiness level. Valid and reliable questionnaires were used in data collection. Linear regression test was used in data analysis.

Results: All respondents (100%) had good positive emotions, and most respondents (59.5%) had a high level of happiness. Linear regression test showed that positive emotional regulation affected the happiness level significantly in menopausal women ($p < 0.05$).

Conclusions: Positive emotions affect the happiness level ini menopausal women.

INTRODUCTION

During menopause, women will experience several impacts, including what often occurs in our society, namely anxiety, fear, irritability, insecurity, decreased memory, difficulty in concentrating, nervousness, feeling useless, stress, and even depression (Rostiana and Kurniati, 2009). Atamimi (Oktaviani, 2012) found the causal factors for women to become anxious during perimenopause period, one of which is the occurrence of severe emotional shocks that have an impact on health conditions and mental well-being. People who experience negative emotions tend to pay more attention to emotions that have negative values, such as anxiety (Syaiful and Bahar, 2016). Seligman (2005) explains that if you have a lot of negative emotions, it is possible to have fewer positive emotions than the average, even though positive emotions affect a person's happiness. It can be concluded that negative emotions will reduce one's happiness.

The data obtained, almost all over the world, about 70-80% of European women, 60% in America, 57% in Malaysia, 18% in China and 10% in Japan and Indonesia experience pre-menopausal syndrome (Fitriana, 2014). An increase in women's life expectancy to 73.77 years in 2025 is predicted to have an impact on the majority of women who will experience menopausal symptoms for more than 30 years. Women who have gone through menopause will undergo and spend about one third of their life with an estrogen deficiency that can cause various health problems (Bener and Falah, 2014)

A decrease in estrogen levels in menopausal women affects brain neuro-transmitters, causing anxious feelings resulted in depression or stress (Mulyani, 2013). Neglected anxiety will cause psychomatic disorders, such as constant worrying, irritability, insecurity, mild depression to major depression, sleep disturbances, decreased appetite, susceptibility to illness, and some even don't want to meet other people, in which all of these will affect the quality of life and the social activities of menopausal women (Lestari, 2010). Usually, people who tend to pay more attention to negative emotions, such as sadness, anger, anxiety, offense, hatred, disgust, prejudice, fear, suspicion and so on, will experience negative emotions. These negative emotions will have a negative impact on those who experience them as well as for others.

Premenopausal women who have a positive attitude encourage them to prepare themselves for menopause (Ariyani, 2014). Diener and Ryan (2009) explained that happiness or joy is assessed as a component of a good life. Happiness can mean pleasure, life satisfaction, positive emotions, meaningful life or feelings of satisfaction. Authentic happiness can be achieved when an individual: 1) experiences positive emotions towards the past, present, and future life, 2) obtains a lot of gratification by directing her personal strength, and 3) uses that personal power to get something bigger and more important for the sake of obtaining it (Seligman,2005) This study aims to analyze the effect of positive emotional regulation towards the happiness level in menopausal women

METHODS

Study Design

The research design used was a cross-sectional study.

Settings

The research was conducted in 2020 at Kenjeran Public Health Center.

Research Subject

The population was all menopausal women living in community under the supervision of Kenjeran Public Health Center (N=68). Purposive sampling was applied, so that sample size of 37 was obtained. The samples' criteria were menopause, present in study site by appointment, and signing the consent form

Instruments

The instrument for measuring positive emotional regulation was adopted from the theory of Fieldman (2008) which has been modified by Syarifah and Kusumaputri (2015). It has 24 items using a Likert scale format with a high level of reliability (Chronbach Alpha = 0.856). The Oxford Happiness Questionnaire (OHQ) was used for measuring the happiness level. It has 29 items using a Likert scale format with a high level of reliability (the Alpha OHQ rehabilitation coefficient ranges from 0.84 to 0.92).

Data Collection

Data collection was carried out by distributing questionnaires to respondents directly. In the data collection process, researchers still pay attention to health protocols. Researchers continue to use masks, maintain distance, and use latex gloves in data collection.

Data analysis

Analysis of the data used in this study using the independent t-test. Statistical significance was accepted if $p < 0.05$.

Ethical Consideration

Ethical clearance was issued by Faculty of Medicine, Widya Mandala Surabaya Catholic University, by certificate number: 081/WM12/KEPK/DOSEN/T/2020

RESULTS**Characteristics of Respondents**

Table 1. Description of Respondents in Kenjeran Public Health Center

Characteristics	Frequency	Percentage (%)
Age :		
45-59	19	51.4
60-74	16	43.2
≥ 75	2	5.4
Total	37	100
Education :		
None	7	18.9

Elementary	19	51.4
Secondary	7	18.9
High School	4	10.8
Total	37	100
Marital Status :		
Married	24	64.9
Widowed	13	35.1
Total	37	100
Occupation :		
Housewife	26	70.3
Entrepreneur	8	21.6
Private employee	3	8.1
Total	37	100
Housemate :		
Husband only	4	10.8
Child only	12	32.4
Nuclear family	17	45.9
Extended family	4	10.8
Total	37	100
Activity level :		
Active	19	51.4
Passive	18	48.6
Total	37	100

Sources: Primary Data of Questionnaire, 2020

Based on table 1 shows that 51.4% of respondents of 45-59 years, 64.9% respondents status married. Out of 37 respondents 70.3% are housewife.

Description Positive Emotional Regulation and Happiness Level

Table 2. Description Positive Emotional Regulation and Happiness Level

No	Characteristic	f	%
1	Emotional regulation		
	Good	37	100.0
2	Happiness Level		
	Low	1	2.7
	Sufficient	14	37.8
	High	22	59.5

Sources: Primary Data of Questionnaire, 2020

Based on table 2, 100% of the respondents have high emotional regulation and 59.5% have high happiness level

Comparative Positive Emotional Regulation and Happiness Level

Table 3. Comparative Positive Emotional Regulation and Happiness Level

Variable	t	P
Positive Emotions	3.33	0.002

Based on table 3 showed that positive emotional regulation affected the happiness level significantly in menopausal women ($p=0.002$).

DISCUSSION

Results showed that positive emotions affect the happiness level in menopausal women significantly. Researchers assume this happens because all respondents are at least active in one social activity, and 51.4% are active in various social activities. Marettih (2012) in his theory of broaden-and-build positive emotions hypothesizes that positive emotions can expand lists of thoughts and actions, and build personal resources. These resources serve as reserves which later can be described to improve the chances of successful coping and survival. The resource function of the production of positive emotions will affect multicultural personalities because multicultural personality as defined is the synthesis and amalgamation of resources learned from various people and cultures to create coping styles, thinking styles, perceptions of the world (world view), and multicultural identity.

Diener, Napa Scollon and Lucas (2009) happiness refers to emotions that are positive in nature. So it can be concluded that if the respondent has good positive emotions, the level of happiness will be high. One of the determinants of happiness is positive environmental acceptance (Bailey and Fernando, 2012). According to Seligman (2005) very happy people have rich and satisfying social lives, and spend the least time alone. Respondents who socialize have social behavior which is part of the source of happiness. There is a close relationship between positive social and individual behavior (Al-Kusayer *et al.*, 2010). Social scientists estimate that about 70% of an individual's happiness depends on the number and quality of friendships, family closeness, and the health of relationships with neighbors and coworkers. Social support, mutual respect and the ability to share are essential to happiness. It is very dependent and can be maintained through communication. Telling others that they are important to us can deepen mutual bonds. Sharing problems with those closest to you can relieve the pressure of a problem (Putra and Sudibia, 2019)

Another factor that influences the effect of positive emotions on the level of happiness is marriage. Most of the respondents are married and still have husbands. Marriage is one of the environmental predictors that have a strong influence on happiness (Bailey and Fernando, 2012). Melin, Fugl-Meyer and Fugl-Meyer (2003) suggest that marriage makes a person live longer, makes people

healthier and happier. Marriage is a social human need that requires other people in her life. The marriage bond makes between husband and wife build good and complementary relationships to fulfill themselves as social beings (Murtadho, 2009). Fredrickson (2013) explained that the support provided by the husband as the closest person to the wife, such as emotional, instrumental, information and assessment supports can reduce the anxiety that the wife faces when entering menopause. The support given by a life partner can make an individual feel valuable because there is still someone who loves and cares for her.

Based on the results of the pseudo and R^2 tests, it was found that the effect of positive emotions was greater on the quality of life (27.4%) than on body image and the level of happiness. Problems covering quality of life are very broad and complex, including physical health problems, psychological status, level of freedom, social relations, and the environment in which individuals are located (Ponterotto, Mendelowitz and Collabolletta, 2008). According to the WHOQOL Group (Prastiwi, 2013) quality of life is an individual's perception of his position in life and its relationship to a person's goals, expectations, standards and concerns. The level of quality of life of a person varies depending on physical, psychological, social and environmental factors (Rohmah, et al, 2012). By focusing on the positive dimensions of a situation or situation at hand will help individuals to deal with situations that threaten or cause stress, so that individuals are able to react positively in all events that occur. People who have emotional intelligence will be able to monitor their own feelings and the feelings of others, and use information to direct thoughts and actions (Saam and Wahyuni, 2014)

Researchers assume that if the respondent's positive emotions are good, then psychologically the respondent can overcome worries and anxiety about menopause, and will have a high quality of life. Cohen & Lazarus (Marettih, 2012) states that the quality of life is a level that describes the excellence of an individual that can be assessed from their life. The excellence of the individual can usually be assessed from his life goals, personal control, interpersonal relationships, personal development, intellectual, material conditions, as well as expectations that are of individual concern (Rohmah, Purwaningsih and Bariyah, 2012)

Positive quality of life criteria are determined that a person has a positive psychological view, emotional well-being, good physical and mental health, the physical ability to do the things he wants to do, good relationships with friends and family, participates in social activities and recreation, living in a safe environment with good facilities, having enough money and being independent (Yeni, 2013). According to Diener (in Berg 2008), an assessment of life satisfaction as a cognitive global assessment of a person's life is likely to be influenced by affection (emotional experience). Positive emotions will increase one's life satisfaction, and this life satisfaction will increase the quality of life. This opinion are supported by study of (Yeni, 2013) which found that there is a strong and positive relationship between

positive emotions and life satisfaction, and by study of Syaiful and Bahar (2016) which found that life satisfaction has a significant effect on quality of life.

LIMITATION

This study has limitations regarding happiness level

CONCLUSION

Positive emotions affect the happiness level in menopausal women

AUTHOR CONTRIBUTION

Linda Juwita: Collected literature, searched for questionnaires, compiled manuscripts, and conducted data analysis

Ni Putu Wulan Purnama Sari: Collected data, tabulated the data dan coding, and compiled manuscripts

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CONFLICT OF INTEREST

There is no conflict of interest in this research.

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