

Kesehatan Mental dan Fisik Wanita: Modul Edukasi Berbasis Bukti Ilmiah untuk Periode Menstruasi dan Menopause



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Bagaimana Stres Dapat Menyebabkan Penyakit dalam Tubuh (Khususnya pada Perempuan)

Outlines

01

Kesehatan Mental

02

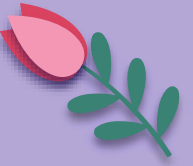
**Keadaan Spesial pada Wanita
Menstruasi dan Menopause**

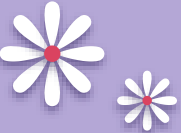
03

**Hubungan Kesehatan
Mental dan terjadinya
penyakit**

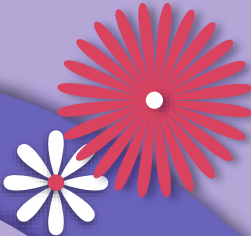
04

Tata laksana





Kesehatan Mental

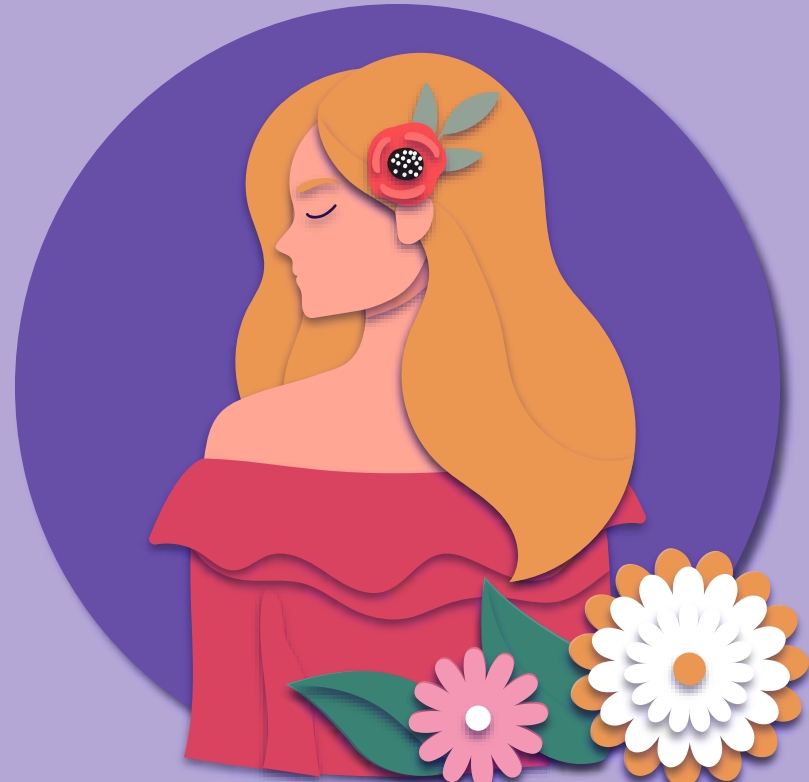


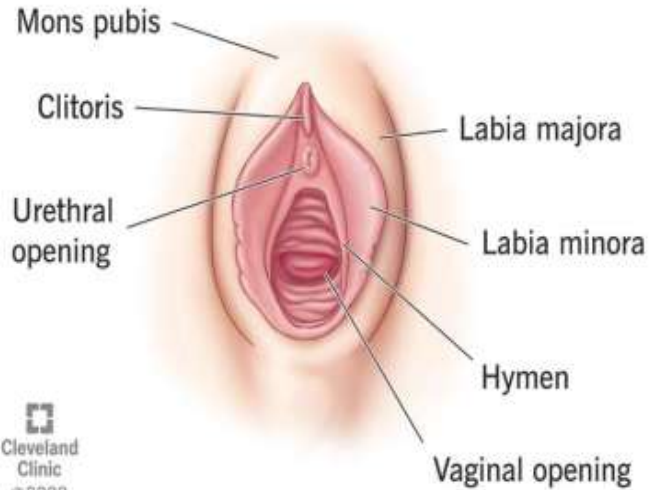
01



Apakah definisi kesehatan mental oleh WHO ?

Keadaan kesejahteraan di mana individu menyadari kemampuannya, dapat mengatasi tekanan hidup, bekerja secara produktif, dan mampu berkontribusi pada komunitasnya.

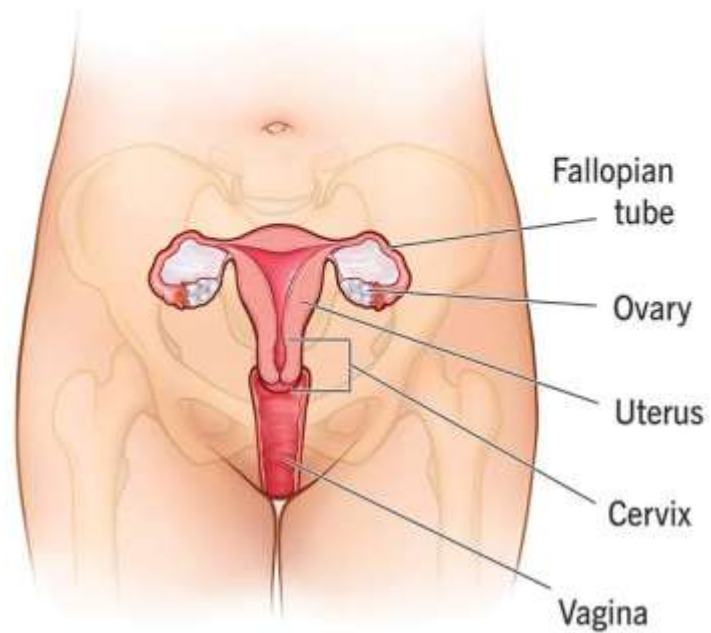


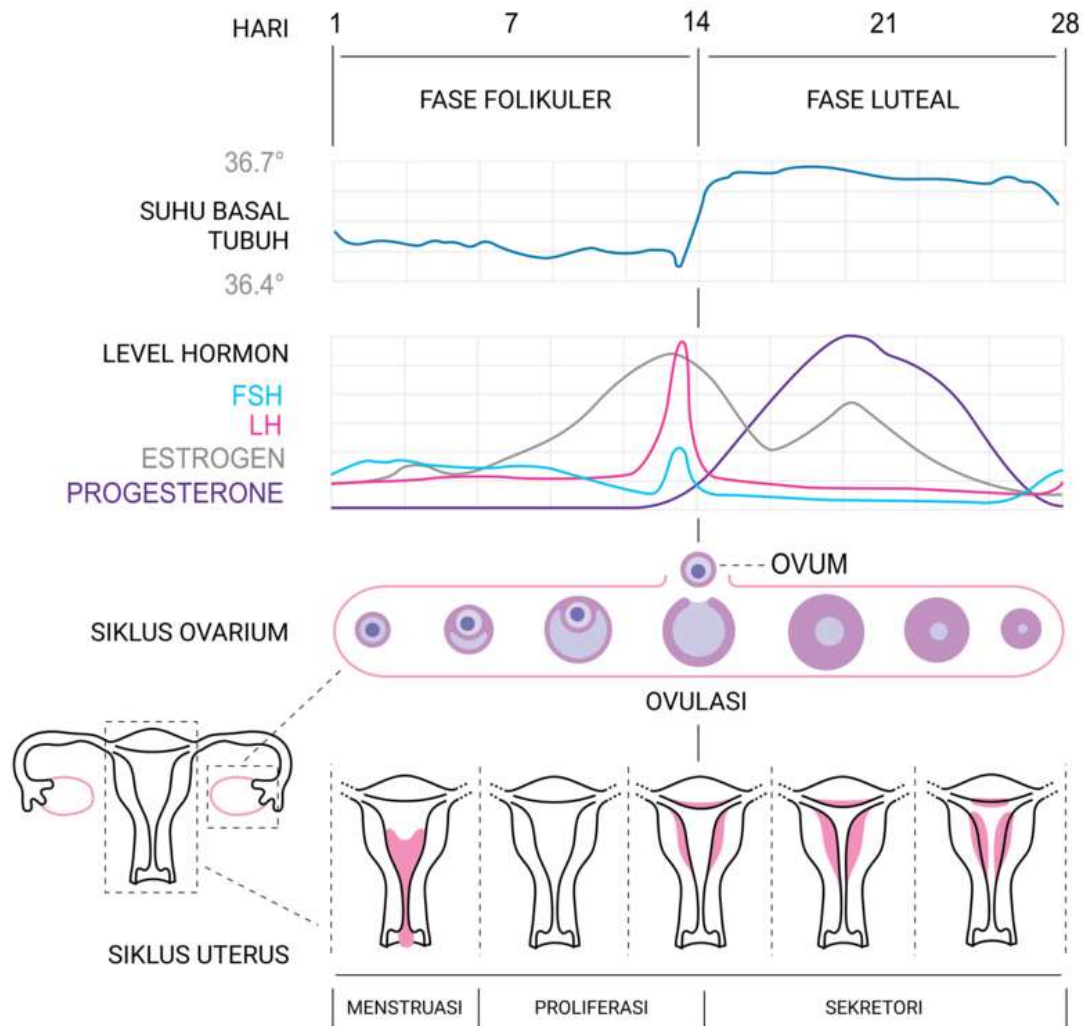


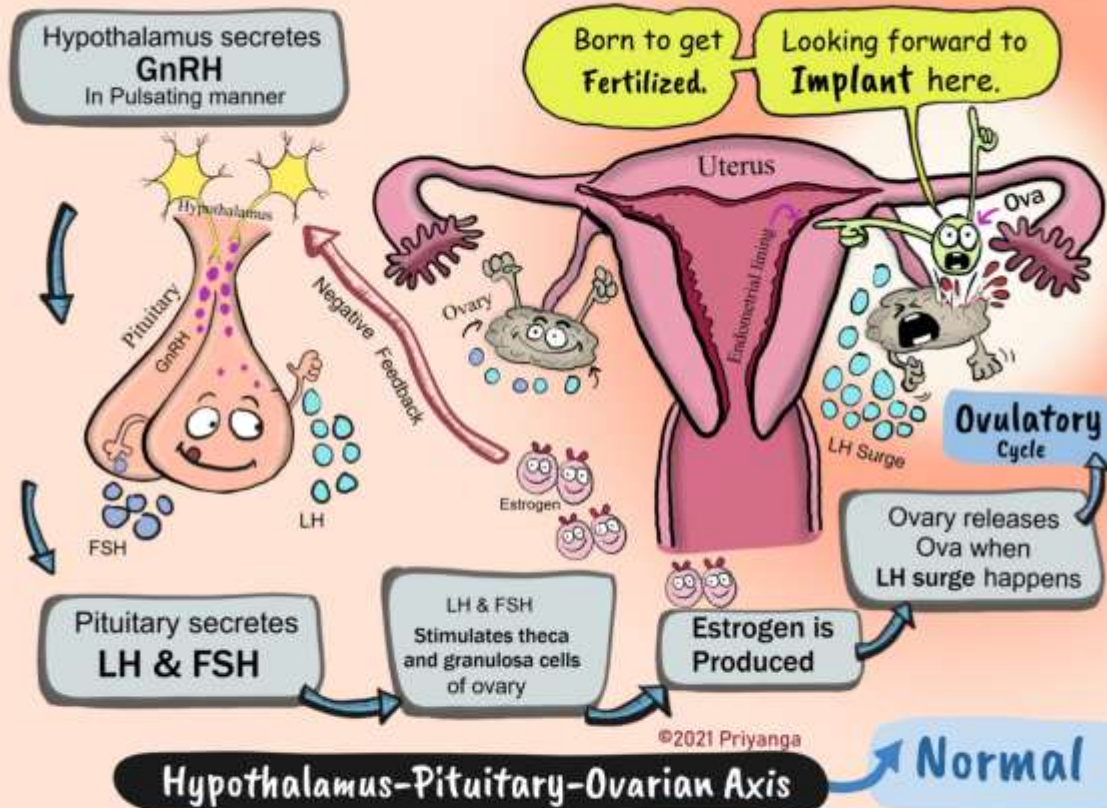

Cleveland
Clinic
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Female reproductive system

Internal and external



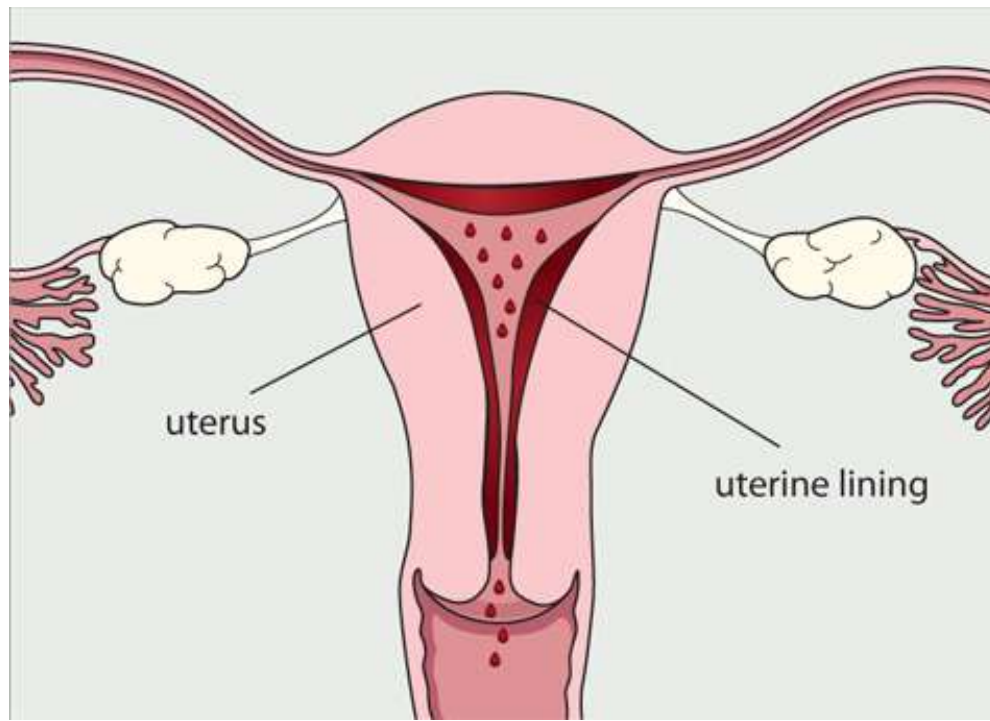




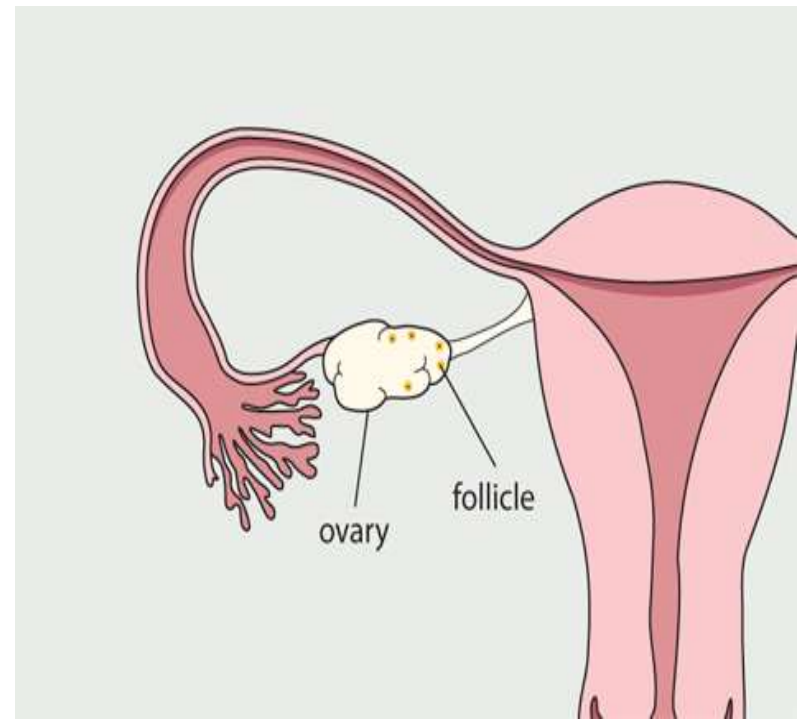
Creative -Med-Doses

Hypothalamic-pituitary-ovarian (HPO) axis

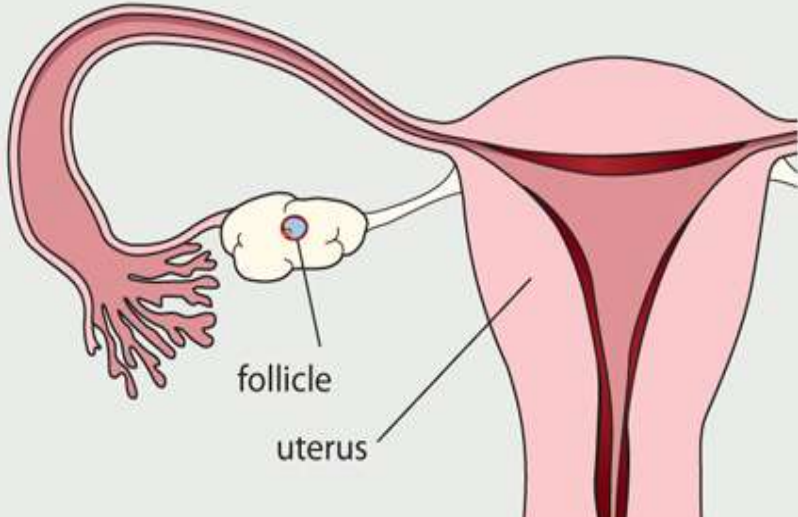
<https://creativemeddoses.com/topics-list/hypothalamic-pituitary-ovarian-axis-role-in-ovulation/>



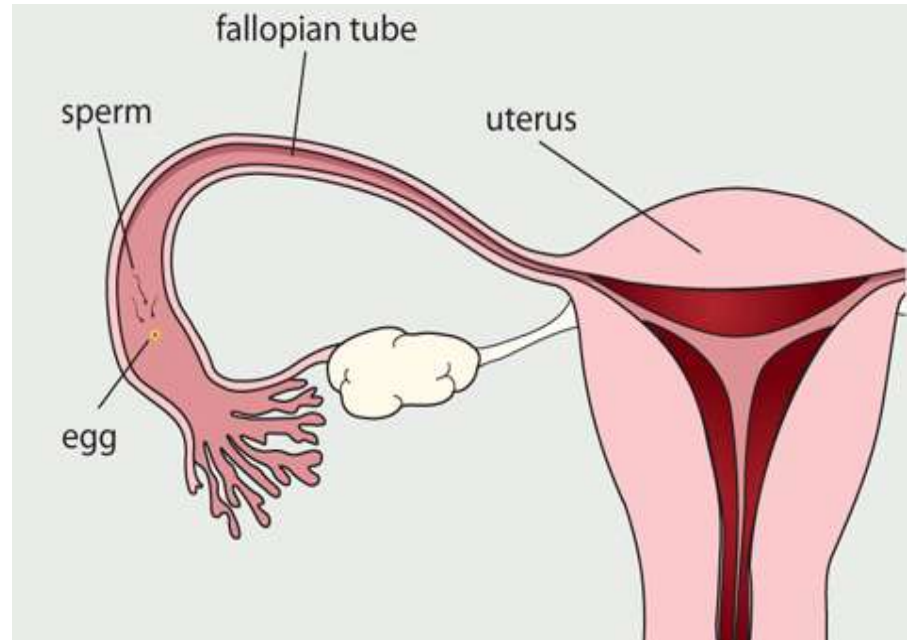
**Hari Pertama Siklus Menstruasi :
meluruhnya lapisan dinding rahim**



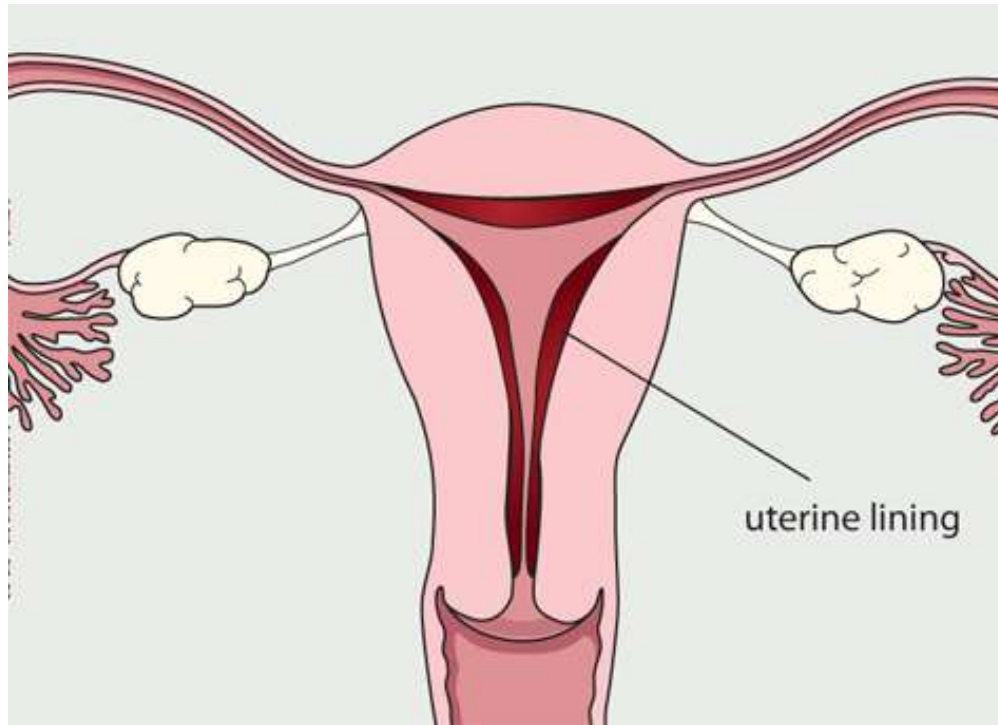
**hari ke 7 sampai hari ke 10: sel
telur mulai membesar**



**Hari ke-12 sampai hari ke-14: sel telur
Matang**

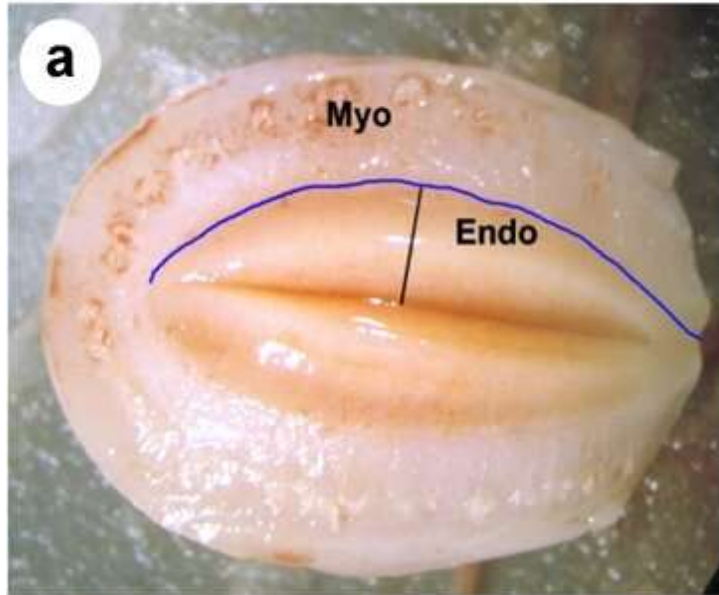


**Pertemuan Sperma dan sel
telur di saluran telur**



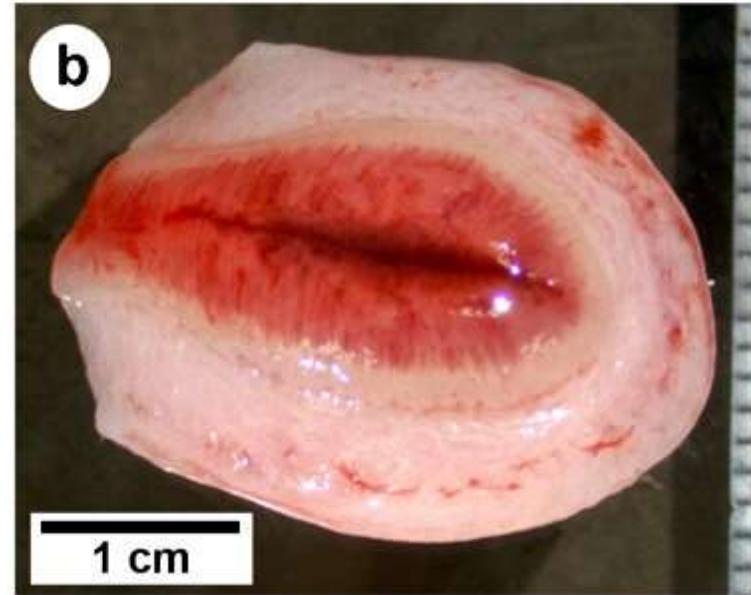
**Dinding rahim menebal, mengalami fase sekresi sebagai persiapan untuk kehamilan -->
jika tidak terjadi kehamilan
--> siklus menstruasi berikutnya dimulai**

Proliferative Phase



Dinding Rahim yang **menebal**
saat fase awal siklus menstruasi

Menstruating



Dinding Rahim yang **meluruh**
saat menstruasi

**Jumlah darah
saat menstruasi
Normal dibawah 80 cc**

2.1	Volume			
	Brand (length)	5 cc	15 cc	25cc
 45°	A (23cm)			
	A (28cm)			
	A (35cm)			

2.2	Volume			
	Brand (length)	1 cc	10 cc	20 cc
 45°	A (23cm)			
	B (23cm)			
	C (24cm)			

Nyeri Haid
Dialami haid hari ke 1-3

**Nyeri hebat dan
mengganggu aktivitas
--> Dysmenorrhea**

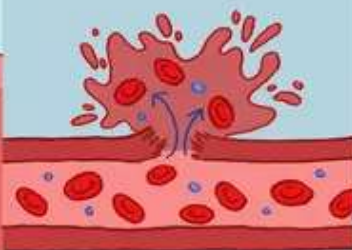
**Penyebab Nyeri haid
Endometriosis
Adenomiosis**



Common Causes of Heavy Menstrual Bleeding



Ovulatory
dysfunction



Bleeding
disorders



Uterine
adenomyosis



PID



Uterine fibroids



Uterine polyps

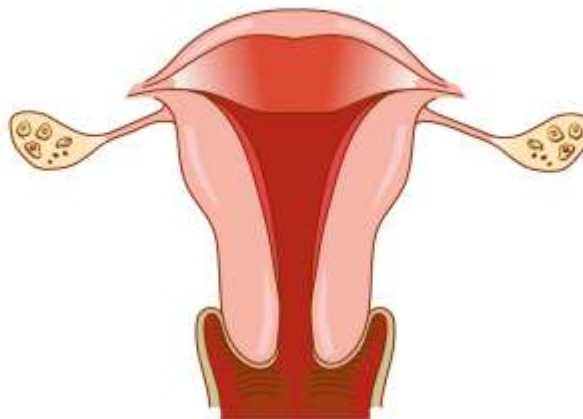
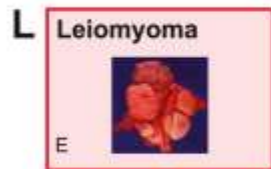
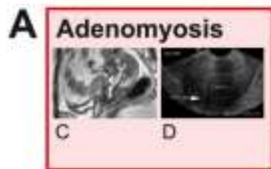
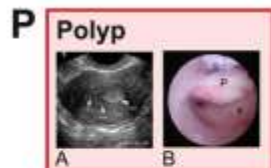


Cervical cancer

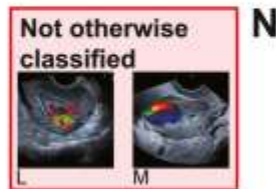


Endometrial cancer

verywell



- A: USS view of polyp
 B: Hysteroscopic view of polyp
 C: MRI of adenomyosis
 D: USS of adenomyosis
 E: Hysterectomy specimen containing fibroids
 F: Hysterectomy specimen containing endometrial cancer
 G: Histology of endometrioid carcinoma
 H: Excessive bruising
 I: USS of polycystic ovary
 J: Progesterone receptor localisation in secretory phase
 K: levonorgestrel-releasing intrauterine system (LNG-IUS)
 L: Doppler USS of AV malformation
 M: Doppler USS of endometrial pseudo-aneurysm



Menopause

- Berhentinya Menstruasi
- dimulai usia 45 hingga 55 tahun
- Tidak adanya siklus menstruasi selama 12 bulan berturut-turut
- Gejala yang muncul meliputi
 - Rasa panas pada badan/ hot flushes
 - Nyeri otot, nyeri sendi
 - Kekeringan pada vagina
 - Nyeri saat hubungan seksual
 - Kulit menjadi kering, kerontokan rambut



02

PENELITIAN TERKAIT

BUKTI NYATA



RESEARCH ARTICLE

Physical manifestations of stress in women. Correlations between temporomandibular and pelvic floor disorders

Isabel Mínguez-Esteban^{1,2,3}, Mónica De-la-Cueva-Reguera¹, Carlos Romero-Morales¹,
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Latar Belakang

Stres memiliki dampak fisiologis dan perilaku yang dapat menyebabkan gangguan muskuloskeletal, termasuk nyeri leher dan insomnia.

Gangguan temporomandibular (TMD) dan disfungsi dasar panggul (PF) sering dikaitkan dengan stres, tetapi hubungan antara keduanya belum banyak diteliti.



Kesimpulan

- Studi ini merupakan yang pertama menemukan hubungan antara otot orofasial (TMD) dan otot dasar panggul.
- Stres, kecemasan, dan gangguan tidur berkontribusi terhadap TMD dan masalah kesehatan reproduks

ORIGINAL RESEARCH

RELATIONSHIP BETWEEN DEGREE OF STRESS AND PHYSICAL ACTIVITY OF FEMALE STUDENTS WITH PREMENSTRUAL SYNDROME

Hubungan antara Derajat Stressor dan Aktivitas Fisik Mahasiswi Terhadap Kejadian Premenstrual Syndrome

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physical activity;

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female students

ABSTRACT

Background: Premenstrual syndrome (PMS) is a group of symptoms consisting of physical, psychological, and behavioral disorders that can occur in women before menstruation and can be triggered or aggravated by factors such as their degree of stress and physical activity. **Purpose:** This research aimed to analyze the relationship between degree of stress and physical activity and premenstrual syndrome occurrence in female students. **Method:** This study used analytical observational research with a cross-sectional research design. Female students of the S1 Public Health class of 2016-2019 were used as the sample ($n = 93$) in this research. Sampling was conducted via the simple random sampling technique. A bivariate

- Aktivitas fisik yang cukup dapat mengurangi risiko PMS ($p = 0.04$).
- 70,97% responden mengalami stres, dengan 34,41% mengalami stres berat.

- Stres memiliki hubungan signifikan dengan PMS
- ($p = 0.01$).



ORIGINAL ARTICLE

Correlation of Physical Activity with Stress, Depression and Anxiety in Female Students

Olivera Plipović-Spašević,¹ Nenad Ponorac,² Mira Spremo^{3,4}

Abstract

Background/Aim: The period of beginning of studies is a stressful period of life in which students are expected to develop skills and abilities with which they will be able to take on the most important roles in all areas of social activity. Physical activity (PA) triggers and remodels mental health. The aim of the study was to determine the correlation between PA and stress, anxiety and depression in female students.

Methods: Epidemiological observational study was performed and included a rep-

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408 mahasiswa berusia 19–22 tahun.



stres akibat transisi dari sekolah ke perguruan tinggi.

- Tidak ditemukan hubungan yang signifikan antara aktivitas fisik dengan stres.
- **Aktivitas fisik tinggi berkorelasi negatif dengan kecemasan ($r = -0.160$, $p = 0.001$) dan depresi ($r = -0.118$, $p = 0.01$), artinya semakin aktif seseorang, semakin rendah tingkat kecemasan dan depresinya.**

- Faktor yang berpengaruh:
- Tidak Merokok
 - Konsumsi susu
 - **RENDAH SAYURAN HIJAU**
 - **KONSUMSI BUAH**
 - Produk Hewani
 - Suplementasi minyak ikan
 - Berat badan ideal

Table 4. Multiple logistic regression analysis investigating the associations between eating and lifestyle behaviors and the incidence of premenstrual syndrome.

Variable	OR	P-value	95% CI	
Nonsmoking	.139	.013*	.029	.664
Vigorous PA	1.100	.826	.468	2.589
Moderate PA	1.229	.545	.631	2.395
Light PA	1.579	.356	.598	4.168
Less starchy food	1.475	.267	.742	2.930
More milk	.402	.016*	.192	.841
More dairy products	1.921	.254	.625	5.902
More caffeinated beverages	1.421	.316	.715	2.822
Less cruciferous vegetables	.450	.049*	.203	.998
All kinds of vegetables	2.242	.122	.805	6.243
Fruit	.183	.007*	.054	.628
More animal foods	.181	.040*	.036	.922
No fast-food consumption	.101	.001*	.028	.368
Fish oil supplements	.361	.043*	.135	.966
Multi-nutrient supplements	.664	.256	.327	1.346
BMI (healthy weight)	.231	.016*	.070	.762

OR, odds ratio; CI, confidence interval; BMI, body mass index; PA, physical activity.

*P-value significant at <0.05.

**Apa yang sebaiknya
dilakukan ?**



Bagaimana Mengatasi Stres dan Mempertahankan Kesehatan Jiwa?



Bicarakan keluhan dengan seseorang yang dapat dipercaya



Melakukan kegiatan yang sesuai dengan minat dan kemampuan



Tenangkan pikiran dengan relaksasi.



Kembangkan hobi yang bermanfaat



Meningkatkan ibadah, mendekatkan diri pada Tuhan



Berpikir positif

Jagalah kesehatan dengan olahraga/ aktivitas fisik secara teratur, tidur cukup, makan bergizi seimbang, terapkan perilaku hidup bersih.



Olahraga membantu menurunkan nyeri hebat saat menstruasi

SPORTS MEDICINE - OPEN

OPEN ACCESS
PEER REVIEW

Comparative Effectiveness of Different Exercises for Reducing Pain Intensity in Primary Dysmenorrhea: A Systematic Review and Network Meta-analysis of Randomized Controlled Trials
I-Chen Tsai, Chih-Wei Hsu, Chun-Hung Chang, Wei-Te Lei, Ping-Tao Tseng, Ke-Yin Chang

To evaluate the efficacy of different exercise interventions in reducing pain associated with primary dysmenorrhea in women

- 29 RCTs
- 1,808 participants
- 6 kinds of exercise
- 4 and 8 weeks
- Visual analogue scale
- Dropout risk

Mean (95% CI) pain reduction on a 10-cm visual analogue scale at 4 weeks



Relaxation

-3.56 (-5.03 to -2.08)



Strength

-2.29 (-3.52 to -1.07)



Aerobic

-1.83 (-3.21 to -0.45)



Yoga

-1.63 (-3.24 to -0.01)



Mixed

-1.27 (-3.12 to 0.58)



Kegel

-1.07 (-4.33 to 2.19)



This graphical abstract represents the opinions of the authors. For a full list of declarations, including funding and author disclosure statements, and copyright information, please see the full text online.

Anti-Inflammatory vs Inflammatory Foods

Anti-Inflammatory

- Onion and Garlic
- Dark green leafy vegetables
- Dark Chocolate (at least 70% Cocoa)
- Fatty Fish
- Mushrooms
- Turmeric
- Berries
- Avocados



Inflammatory

- Alcohol
- Processed foods
- Red and processed meat
- Refined Carbs



MENSTRUAL PAIN

TREATMENT



MASSAGING



WARM BATH



HEATING PAD



iStock
Credit: Irina_Strelnikova



LIGHT FOOD



DRINK WATER



PAIN RELIEVERS



PERIOD

new
collection



INSTRUC TION



PAIN



MASSAGING



HEATING PAD



WARM BATH



PAIN RELIEVERS

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Credit: tudmeak

FOOD FOR PERIOD



WATER



GREEN



TEA



CHOCOLATE



BANANA



NUT



RED MEAT

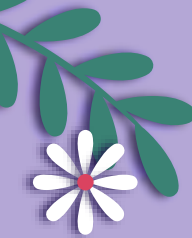


ENRICHED BREADS



GRAINS

FRUIT



Pesan untuk dibawa Pulang

- ✓ **Kelola stres** dengan teknik relaksasi, meditasi, dan tidur yang cukup.
- ✓ **Hindari kebiasaan buruk** seperti bruxism dan postur yang salah untuk mencegah TMD.
- ✓ **Olahraga teratur** seperti yoga, jogging, atau latihan ringan dapat membantu mengurangi PMS dan meningkatkan keseimbangan hormon.
- ✓ **Perhatikan pola makan** dengan konsumsi makanan kaya magnesium, kalsium, dan vitamin B6 untuk mengurangi gejala PMS."



FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.



ANTI-INFLAMMATION FOODS



Tomatoes



Fruits

Strawberries, blueberries, oranges, and cherries.



Nuts

Almonds, walnuts, and other nuts.



Olive oil



Leafy greens

Spinach, kale, collards, and more.



Fatty fish

Salmon, mackerel, tuna, and sardines.

INFLAMMATION FOODS



Fried foods



Sodas



Refined carbs



Lard



Processed meats



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TERIMA KASIH

10 April 2024 11:21