
Interpersonal Communication between Husband and Wife Suffering from Polycystic Ovary Syndrome in the City of Surabaya

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Abstract

Reproductive health problems, namely PCOS (Polycystic Ovary Syndrome) experienced by married couples in Surabaya, affect the interpersonal communication that occurs between partners, difficulties in conceiving children and the risk factors that are brought about, which further worsen the condition of the relationship if the couple is not open and supportive to each other. This study aims to analyze interpersonal communication that occurs between husband and wife with PCOS and determine the obstacles experienced while undergoing treatment. This research was conducted using a qualitative descriptive method with data collection techniques from interviews and documentation studies. The results of the research show that communication between husband and wife with PCOS sufferers in Surabaya is well established with openness to be honest about their condition with their partner, empathy shown both through words and behavior, a mutually supportive attitude when facing PCOS challenges, a positive attitude and equality in accept the fact. The obstacles experienced by PCOS husband and wife couples are process obstacles due to busy schedules disrupting the regularity of treatment, as well as psychosocial obstacles in the form of external pressure from people closest to them regarding hereditary problems and internal pressure in the form of anxiety.

Keyword: PCOS, Interpersonal Communication, Husband and Wife, Motivation

Introduction

As humans age they will experience several physical and hormonal changes. In some cases, women's menstrual cycles are irregular, they can be shorter or longer than they should be. This indicates the presence of endocrine and metabolic disorders in the woman's body. Polycystic Ovary Syndrome (PCOS) is an endocrine and metabolic hormonal disorder that attacks fertility levels in women of reproductive age. This disease can usually be characterized by irregular menstrual cycles and high levels of androgen hormones in a woman's body. (Rahayu dkk, 2022). Women with PCOS have greater physical challenges and psychological burdens than women without PCOS. Several studies have proven that PCOS triggers emotional stress and increases the risk of depression and anxiety, so that women with PCOS have a 3-5 times higher risk of experiencing depression than women without PCOS. (Novitasari, A. D., Limantara, S., Marisa, D., & Panghiyangani, 2021).

This will affect the condition of a PCOS woman's relationship with her partner. The wife's attitude becomes more sensitive, making the husband have to adapt so as not to offend the feelings of the wife with PCOS and providing enthusiasm for life will be a challenge that is not easy to do. If the quality of communication between husband and wife is poor, it will have a negative impact on family integrity and harmony, and can even have more serious impacts such as divorce. (Fitria et al., 2020).

Interpersonal communication between husband and wife will be very influential in increasing the wife's self-confidence and motivation to undergo treatment to recover from PCOS syndrome in a way that her wife can accept given her condition. Like previous research conducted in Canada by Citron Noelle entitled "The Role of Disclosure and Social Support on Quality of Life in Women with Polycystic Ovary Syndrome (PCOS)" (2022) The results show that the interactions carried out by PCOS sufferers with their immediate social environment will influence the quality of life of women with PCOS, the importance of openness and self-disclosure and the social support they receive. Interpersonal communication that occurs between husband and wife, as stated by Marheni (2019), communication that occurs between husband and wife tends to be more dyadic or feels more intimate and personal. Interpersonal communication will be successful because the communicant can immediately grasp the aims and objectives of the communicator face to face or online (Meilinda, 2021).

Communication is important in human relationships, especially regarding interpersonal relationships between husband and wife. (Putra, 2018)

Starting from the context of interpersonal communication, researchers are interested in researching and finding out how interpersonal communication is in married couples who suffer from PCOS syndrome, especially in the city of Surabaya. The reason the author chose the city of Surabaya as a research location is because the city of Surabaya is one of the cities with the highest PCOS cases in Indonesia. Based on research conducted by Julia (Julia dkk, 2020) The research stated that the city of Surabaya is one of the cities with a number of women of

reproductive age suffering from PCOS of 4.5%, which is estimated to continue to increase to 8-10% in the future.

Based on the problem phenomena above, the aim of this research is to analyze and describe how interpersonal communication between husbands and wives with PCOS sufferers in the city of Surabaya and to find out the factors that hinder increasing motivation during treatment so that later this research can provide deeper insight into how married couples overcome the challenges of PCOS. The practical implications also help people understand the importance of open communication from the start of marriage, especially regarding health conditions. (Putra et al., n.d.)

This research was conducted using qualitative methods to describe interpersonal communication between husbands and wives of PCOS sufferers. This research uses in-depth interviews as a method of collecting primary data sources with informants selected through purposive sampling techniques which take samples of data sources taking into account certain criteria. Secondary data obtained from indirect sources in the form of documentary data, for example newspapers, books, journals, the internet related to research. This research focuses on five characteristics that influence interpersonal communication (Devito, 2001), namely openness, empathy, supportive attitude, positive attitude, and equality between husbands and wives of PCOS sufferers in the city of Surabaya. Apart from that, researchers also identified obstacles that emerged during treatment. This research uses data analysis techniques proposed by Miles and Huberman (2014) which analyzes data through four stages, namely: collection, data reduction, data presentation, drawing conclusions.

Results And Discussion

As a result of research conducted by researchers, it was found that interpersonal communication between married couples suffering from PCOS in the city of Surabaya was going well with openness, empathy, mutual support, positive attitudes and equality. The results also found that husbands provided positive support for the PCOS condition suffered by their wives.

However, apart from that, researchers also found that there were factors that hindered increasing motivation in undergoing treatment, namely busy work. Husband and wife's busy work often hinders consistency in undergoing treatment. This shows the need for time management and further support as well as the need for further discussion regarding priorities for continuing PCOS treatment to realize the hope of soon having children.

Basically, the main goal of every marriage is to create happiness and build a harmonious domestic life. All of this can be realized through good communication between husband and wife. Good Interpersonal Communication starts with five things (Devito, 1997) namely openness, empathy, supportive attitude, positive attitude, equality. Based on the results of interviews that researchers have conducted, it can be seen from the results of the analysis below:

a. Openness

As Devito said (2001) that interpersonal communication consists of three categories. The first category, when the communicator provides information about his past (life history) openly and voluntarily to the communicant without anything to hide. Second, the communicator's honesty in responding to the

communicant. Third, the communicator acknowledges and is responsible for what he says. The research results show that openness is carried out in the relationship between husband and wife who suffer from PCOS by revealing life history, honest responses and admitting feelings. The existence of openness between PCOS husband and wife will make it easier for them to discuss during the continuation of treatment. Honesty also plays a role in avoiding misunderstandings and strengthening emotional support and building mutual understanding. Ownership of the feelings of both husband and wife is something that is important to recognize and appreciate to help couples understand each other in facing the challenges of PCOS.

b. Empathy

Empathy is defined as a person's ability to know and understand what another person is experiencing and feeling at a certain time, from that other person's point of view and perspective. (Sekar, 2014). From the explanation above, the researcher understands the empathy that exists in husband and wife couples suffering from PCOS in the city of Surabaya. This empathy is reflected in the husband's real actions, understanding and willingness to understand and feel his wife's struggles and needs. The results show that the forms of empathy shown by husbands vary, including concrete actions such as helping with housework when the wife is in a difficult condition, trying to live a healthy life by avoiding eating junk food, accompanying and accompanying her when she is scheduled to see a doctor, as well as providing moral support and encouragement while undergoing treatment and facing the challenges of PCOS. These things can create a positive and supportive environment.

c. Positive Attitude

This positive attitude includes two main aspects, namely a positive attitude towards yourself and a positive attitude towards your partner (Devito, 1997). From the results of the research that has been conducted, it can be seen how husband and wife informant couples have their own ways of maintaining their positive attitudes. Some couples focus on providing active support, such as providing encouragement and accompanying them when they are scheduled to go to the doctor. Some others tend to maintain a positive attitude by instilling a sense of sincerity, surrender and submission to God, and still believe that one day their wives will recover and they will soon be blessed with children. Even though their methods are different, all couples understand the importance of a positive attitude and optimism in facing challenges together. It is understood that a positive attitude in interpersonal communication has an important role during PCOS treatment and challenges. A positive attitude helps build trust, strengthening emotional bonds. A positive attitude towards oneself and one's partner can form the basis of effective interpersonal communication and mutual support to face all challenges together.

d. Supportive Attitude

Effective interpersonal communication will not occur if it is carried out in conditions that do not support each other (Arwan, 2018). According to Devito (1997) There are three attitude criteria for expressing a supportive attitude, namely: descriptive not evaluative, spontaneous not strategic, and provisional. The research results show that both husband and wife feel the importance of support while undergoing PCOS treatment and they have succeeded in providing support in accordance with the Devito criteria which forms an effective supportive attitude in interpersonal communication. This support not only includes practical support and financial or material support, but also contains emotional and mental components that enable the wife to feel motivated, supported, understood and accepted. The husband's supportive attitude creates a safe, caring and understanding environment and ultimately strengthens the interpersonal relationship between husband and wife while undergoing PCOS treatment.

e. Equality

According to Devito (2001), The effectiveness of interpersonal communication will be achieved when the atmosphere is equal. In this context, what is meant by equality is an indirect recognition that both parties are equally important, namely that husband and wife both have equal values and roles in their relationship. Equality in interpersonal communication also includes aspects of knowledge and perceptions that are in line about the future or future hopes as a couple. From the research results, the three PCOS couples, equality between husband and wife can be reflected in the ability of husband and wife with PCOS to define PCOS according to their understanding. Meanwhile, equality can be seen in looking at future hopes as a PCOS couple, it can be seen that they already have equality. Both husband and wife have hopes for smooth treatment and recovery so that they can have children as soon as possible. Their hopes for the future of their relationship also have the same desire to be able to always overcome the challenges of PCOS together and be able to build a stronger and more harmonious relationship.

Conclusion

The research results show that there are two obstacles experienced by married couples who experience PCOS, namely process and psychosocial obstacles. Process obstacles where busy work forces PCOS couples to prioritize their work above PCOS treatment, they find it difficult to maintain consistency in following the treatment schedule recommended by the doctor. This can result in the treatment process not being able to achieve maximum results. The second barrier is psychosocial barriers, related to the external and internal pressures experienced. The external pressure they get from those closest to them in the form of questions and comments from people regarding their offspring makes them feel psychologically depressed. The form of internal pressure they experience is also in the form of anxiety about the chances of pregnancy getting smaller as they get older. This is in line with research conducted by (Sultan & Tahir, 2011) that women are the ones

who often experience feelings of depression and anxiety, which will influence their decision to seek, continue or stop treatment and this results in a lower chance of getting pregnant.

Closing

The research results found that interpersonal communication between husband and wife with PCOS in Surabaya City starting from openness, empathy, positive attitudes, supportive attitudes and equality has been achieved. Openness, by disclosing your life history before marriage, honesty in reacting and willingness to express your feelings. Empathy is applied by trying to understand each other and understanding the partner's condition. A supportive attitude is shown in simple forms of support such as reminding each other to maintain a healthy lifestyle, always accompanying them when they are scheduled to see a doctor. Positive attitude, by trying to accept and always think positively about the PCOS conditions and challenges they face. Equality, in the form of similarities in understanding PCOS and their hopes of being able to have children, as well as equal roles in making decisions during treatment. Researchers also found that the obstacles experienced by husband and wife couples with PCOS were process and psychosocial obstacles. A busy work schedule has an impact on the regularity of PCOS treatment. Likewise, pressure that arises externally and internally can become a psychosocial obstacle. The external pressure they receive from those closest to them takes the form of comments about their offspring and the internal pressure that arises within them in the form of anxiety about their chances of getting pregnant decreases as they get older.

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