

The Relationship Between Knowledge Of Mothers Aged 40 – 45 Years With Anxiety Facingmenopause In The Village Kung Pegasing Sub-District

Rahmayani

STIKes Payung Negeri Aceh Darussalam, Aceh, Indonesia

ARTICLE INFO	ABSTRACT
Keywords: Knowledge, Anxiety, Menopause	Menopause is the last menstruation, or the occurrence of the last menstruation, the diagnosis is made after there has been amenorrhea for at least one year. The cessation of menstruation can be preceded by a longer menstrual cycle with reduced bleeding. The age of menopause is influenced by heredity, general health and life patterns, there is a tendency for menopause to occur at an older age. The population in this study was all mothers aged 40-45 years who were in Kung Village, Pegasing District, Central Aceh Regency, as many as 35 respondents who were determined using total sampling, which is sampling based on the entire total population. The study was conducted from 15 to 22 September 2023 using questionnaires. The results of this study showed that there was a significant relationship between the knowledge of mothers aged 40-45 years with anxiety facing menopause P Value 0.009 ($P \leq 0.05$)
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1. INTRODUCTION

Menopause is the last menstruation, or the occurrence of the last menstruation, the diagnosis is made after there has been amenorrhea for at least one year. The cessation of menstruation can be preceded by a longer menstrual cycle with reduced bleeding. The age of menopause is influenced by heredity, general health and life patterns, there is a tendency for menopause to occur at an older age. According to IDHS in 2020, it is estimated that the number of women living in menopause in Indonesia is 30.3 million people. In 2016, only 14 million menopausal women reached or 7.4% of the total population. According to Indonesia's population projection for 2010-2035 by the Central Bureau of Statistics, the number of women over 50 years old is 20.9 million. Based on the results of an initial survey conducted by researchers in Kung village, Pegasing District, Central Aceh Regency, in 2023, there are 59 mothers who have experienced menopause. While mothers who are at the age of 45-55 years are 35 mothers. Of the 10 mothers aged 45-50 years who were asked about maternal knowledge about menopause showed that most mothers have less knowledge about menopause and only a small percentage of mothers have good knowledge about menopause.

2. METHOD

This study is descriptive analytic to determine the phenomena faced in the current situation with a "cross sectional" design which aims to determine the "Relationship of Knowledge of Mothers aged 45-50 Years with Anxiety Facing Menopause in Kung Village, Pegasing District, Central Aceh Regency. The population in this study is all mothers aged 45-50 years in Kung Village, Pegasing District, Central Aceh Regency in 2023, totaling 35 people. In this study, the sample size was taken using total sampling, namely sampling from the entire total population (Sukandarrumidi, 2009) amounting to 35 mothers aged 45-50 years.

3. RESULTS AND DISCUSSION

From the results of a study conducted on 35 mothers aged 45-50 years in Simpang Rahmat village to determine the Relationship between Knowledge of Mothers aged 45-50 Years with Anxiety

Facing Menopause in Kung Village, Pegasing District, Central Aceh Regency in 2023 which was carried out from September 15 to 22, 2023, obtained from primary data based on the results of the tabulation recapitulation, The following data are obtained:

Characteristics of respondents

Age

The results showed that the distribution of the age frequency of students in SMA Negeri 2 Bayang can be described as follows

Table 1. Frequency Distribution of Anxiety Facing Menopause in Mothers aged 45-50 Years in Kung Village, District Pegasing Central Aceh District

No	Menopause	Frekuensi	Persentase
1	Anxious	14	40
2	Not Anxious	21	60
Total		35	100

Based on data from the table above, it can be seen that from 35 respondents, the majority of respondents are not anxious in facing menopause aged 45-50 years, as many as 23 respondents (60%).

Table 2. Frequency Distribution of Mother's Knowledge in Facing Menopause in Kung Village, Pegasing District, Central Aceh Regency year 2023

No	Pengetahuan	Frekuensi	Persentase
1	Good	8	22,8
2	Enough	12	34,2
3	Less	15	42,8
Total		35	100

Based on the data from the table above, it can be seen that from 35 respondents, the majority of respondents have less knowledge as many as 16 respondents (42.8%).

4. CONCLUSION

Based on the results of the Chi Square statistical test and at the 95% confidence degree conducted to determine the relationship of knowledge with anxiety facing menopause, a P Value value of 0.009 ($P \leq 0.05$) was obtained. This shows statistically that there is a significant relationship between knowledge and anxiety about menopause in mothers aged 45-50 years.

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