


Relationship between level of knowledge about menopause with anxiety in elderly women aged 45-54 years at drajat health center Cirebon city

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Article Info	ABSTRACT
<p>Keywords: Anxiety, Knowledge, Menopause</p>	<p>Menopause is the final stage of a woman's reproductive period. Women who will enter menopause will experience physical and psychological. If this is not handled properly it will cause anxiety. Based on preliminary studies conducted on 10 menopausal mothers aged 45-54 years who came to the elderly posyandu at Drajat Health Center Cirebon City they felt various complaints such as irritability, and stress. This study aims to determine the relationship between the level of knowledge about menopause and anxiety in elderly women aged 45-54 years at Puskesmas Drajat. This type of research is quantitative with a cross sectional design. The sample in this study amounted to 93 respondents aged 45-54 years who were experiencing menopause from a total population of 103 respondents obtained through simple random sampling. data collection using the Hamilton Rating Scale for Anxiety (HRSA) questionnaire and knowledge level questionnaire. Data analysis using chi square test at α 0.05. The results showed mild anxiety as many as 36 respondents (38.7%), respondents who experienced moderate anxiety were 15 respondents (16.1%) and respondents who experienced severe anxiety were 42 respondents (45.2%). The results of the chi square test show that there is a relationship between knowledge and anxiety during menopause with the results of a p value of 0.000 and a value of $R = 0.425$. Health workers are expected to be able to improve health services, especially for premenopausal women, not only physical problems but also psychological problems.</p>
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INTRODUCTION

Menopause is the end of the biological process of the menstrual cycle that occurs due to a decrease in the production of the hormone estrogen produced by the ovaries (ovaries). Menopause starts at different ages generally around the age of 50, although there are a few women who start menopause in their 30s (Yulizawati & Yulika, 2022).

Menopausal syndrome is experienced by many women almost all over the world, about 70-80% of European women, 60% of women in America, 57% of women in Malaysia, 18% of women in China, 10% of women in Japan and in Indonesia it is estimated

that the number of people suffering from both acute and chronic anxiety reaches 5% of the population, with a ratio between women and men every year about 25 million women worldwide are estimated to experience menopause. Asia has the highest number of women with early menopausal symptoms in the world. Currently, the life expectancy of Indonesian women is 67 years old (Yuneta et al., 2021).

Indonesian women entering menopause currently make up 7.4% of the population. This number is expected to increase to 11% by 2005 and rise again to 14% by 2015 (Nisa et al., 2020). The total female population in West Java Province is 24,031,252. The total female population aged 45-54 years is 2,910,413. Now the population in West Java Province has entered the ageing population phase, where the number of old people will increase (Rehkliaana & Nurlaili, 2020).

Premenopause or the period leading up to menopause is a condition where there are physical and psychological changes felt by women, for 4-5 years before entering menopause. Menopause and aging are not myths. Both are realities of women's experience. Whether this reality is full of suffering or not depends on how women feel about themselves. Menopause is also not a sudden event and is a natural process (Hessy & Suprihatiningsih, 2018).

Based on psychological reviews, women during menopause experience physical, sexual, social, and psychological disorders and there are also women without experiencing various physical, psychological, and social complaints. This difference is influenced by the severity of stress experienced by women in facing and overcoming menopause as a result of their assessment of menopause. So it is very necessary for women who will experience menopause to seek information about everything related to menopause, especially for women who have not experienced menopause (Rehkliaana & Nurlaili, 2020).

Anxiety in each individual is different, some are mild, moderate and some are severe, so it requires treatment efforts to overcome the anxiety experienced. Actually, various existing treatment efforts will only make the woman who undergoes it feel relieved of the symptoms felt. But it is strongly influenced and determined by psychological conditions or moods. Anxiety experienced by menopausal women is one of them because of worries in facing situations that have never been experienced before and are also anxious about things that might arise such as physical complaints in the form of night sweats, headaches, cessation of sexual desire, feeling that they will become old which means that their beauty will fade and there is a decrease in body function, so it is feared that it will affect relationships with husbands and their social environment (Widyantari et al., 2019).

From the results of research conducted by (Kusumawati, 2019), women's readiness to face menopause greatly influences the process of menopause that will be faced by women. Where a woman who already has readiness in facing menopause, will help in undergoing menopause better. Knowledge about menopause was mostly in the sufficient category as many as 53 people (53%) and readiness in facing menopause was mostly unprepared as many as 60 people (60%). One of the factors that influence readiness is knowledge, if a woman's knowledge is higher, she will be more prepared to face the menopause process (Asifah & Daryanti, 2021).

Based on preliminary studies conducted on 10 menopausal women aged 45-54 years out of a total of 103 people who came to the elderly posyandu at Puskesmas Drajat Cirebon City, they felt various complaints such as irritability and worry. Researchers asked several questions about knowledge about menopause and anxiety when facing menopause to 10 elderly women aged 45-54 years who experienced normal menopause. Of the 10 respondents who had less knowledge, 25% experienced mild anxiety, 10.8% experienced moderate anxiety and 53.9% experienced severe anxiety. Respondents who had sufficient knowledge were 13.6% experiencing mild anxiety, 10.6% experiencing moderate anxiety and 22.7% experiencing severe anxiety. While respondents who had good knowledge 50% experienced mild anxiety, 10% experienced moderate anxiety and no one experienced severe anxiety. Based on this description, researchers are interested in conducting research on the relationship between the level of knowledge about menopause and anxiety in elderly women aged 45-54 years.

METHODS

This type of research is quantitative with a cross sectional design. The population in this study were women aged 45-54 years who experienced menopause in the Drajat Health Center environment as many as 103 people. In this study, the sample was women aged 45-54 years at Drajat Health Center, namely 93 people with simple random sampling technique. The independent variable in this study is the level of knowledge of elderly women aged 45-54 years and the dependent variable in this study is anxiety. The tool used for collecting researchers used the HRSA instrument which has 14 questions and to measure the level of anxiety and to obtain information about physical changes using a questionnaire containing 9 questions. In this study, to measure physical changes, each item was instrumented with a choice of "Yes" (score 1) and "No" (score 0). Data analysis using chi square test at α 0.05.

RESULTS AND DISCUSSION

The following are the results of research from 93 respondents who are women aged 45-54 years who are experiencing menopause at the Drajat Health Center, Cirebon City, obtained from filling out questionnaires that have been distributed. For univariate analysis can be seen in table 1 and for bivariate analysis can be seen in table 2 below.

Table 1. Distribution of Respondents Based on Knowledge and Anxiety of Women aged 45-54 Years During Menopause at Drajat Health Center Cirebon City

Variable	Frekuensi (f)	Percent (%)
Knowledge		
Less	43	46,2
Medium	25	26,9
Good	25	26,9
Anxiety		
Mild	36	38,7
Moderate	15	16,1

Variable	Frekuensi (f)	Percent (%)
Heavy	42	45,2
Total	93	100

The table above shows that out of 93 respondents, 43 respondents (46.2%) had poor knowledge and 25 respondents each were at the good and medium knowledge levels as many as 25 respondents (26.9%). As for anxiety, out of 93 respondents, the results of severe anxiety were 42 respondents (45.2%), while for the moderate anxiety group there were 15 respondents (16.1%), and for the mild anxiety group there were 36 respondents (38.7%).

Table 2. The Relationship between the Level of Knowledge about Menopause and Anxiety in Elderly Women Aged 45-54 Years at Puskesmas Drajat Cirebon City

Level of Knowledge about Menopause	Anxiety in Elderly Women Aged 45-54						Total		p value
	Mild		Moderate		Heavy		N	%	
	n	%	n	%	n	%			
Less	7	16,3	3	7,0	33	76,7	43	100	0,000
Medium	11	44,0	12	48,0	2	8,0	25	100	
Good	18	72,0	0	0,0	7	28,0	25	100	
Total	36	38,7	15	16,1	42	45,3	93	100	

Table 2 shows that from the results of cross tabulation that mild anxiety level there were 36 respondents consisting of 7 respondents (16.3%) lack of knowledge, 11 respondents (44.0%) moderate knowledge and 18 respondents (72.0%) good knowledge. For moderate anxiety levels based on research, the results obtained were 15 respondents consisting of less knowledge as many as 3 respondents (7.0%), moderate knowledge 12 respondents (48.0%), good knowledge 0 respondents (0.0%). For severe anxiety there were 42 respondents consisting of less knowledge as many as 33 respondents (76.7%), moderate knowledge 2 respondents (8.0%), good knowledge as many as 7 respondents (28.0%). Based on the results of statistical tests using the chi square test obtained p value = 0.000. Because the significance value of 0.000 < 0.05, then based on the basis of the decision making above, it can be concluded that H0 is rejected and Ha is accepted. Thus it can be interpreted that "There is a relationship between the level of knowledge about menopause and anxiety in elderly women aged 45-54 years".

The research that has been done shows that most of the knowledge of women aged 45-54 years during menopause at Drajat Health Center Cirebon City is poor knowledge (46.2%). The lack of knowledge can be due to the fact that respondents have never received accurate information about menopause or also because they rarely consult with health workers related to complaints experienced during menopause.

The results of this study are not much different from research conducted by (Asifah & Daryanti, 2021) that most women's knowledge level in dealing with menopause is not

good (58.3%). However, in contrast to research conducted by (Lubis & Amalia, 2020) that most respondents had good knowledge about menopause (83.3%). Also research conducted by (Nua & Adesta, 2019) showed that most respondents had good knowledge (43%).

This difference in results can certainly be caused by many factors, because the knowledge of women aged 45-54 years at menopause is influenced by many factors, such as age, education, experience and so on (Sinaga et al., 2021). The different levels of education of respondents also affect the level of knowledge. Most of the respondents were educated up to elementary school, this could be a factor in the respondents' lack of knowledge about menopause.

Knowledge is supported by education, adequate education will make it easier for someone to gain a better understanding of menopause. A good understanding of the ins and outs of menopause will support women's readiness to face menopause. A good level of education will influence a person in the development of reasoning and analysis. With good reasoning power, it will be easier to increase knowledge, one of the good ways to provide health information and messages (Yuneta et al., 2021).

Knowledge about menopause has an important role in menopause, because with high knowledge it will be able to improve women's ability to face and manage menopause. One of the efforts to increase knowledge to women aged 45-54 years at menopause is by providing information. Respondents can be said to have a good level of knowledge about menopause if supported by many sources of information obtained. The more information obtained, the better the respondent's level of knowledge will be.

In this study also as seen in table 1 shows that most of the anxiety of women aged 45-54 years at menopause at Drajat Health Center, Cirebon City is severe anxiety (45.2%). The anxiety that occurs in a person is not the same in some situations. The anxiety that occurs can be due to respondents lack of information about the signs and symptoms of menopause so that it has an impact on excessive worry.

The results of this study are in line with research conducted by (Wahyuni & Ruswanti, 2018) that most women aged 49-55 years experience severe anxiety (58.2%). However, in contrast to the results of research conducted by (Wibowo & Nadhilah, 2020) showing the level of knowledge of premenopausal women, most (36.8%) experienced moderate anxiety.

Anxiety that occurs in a person is not the same in several situations. anxiety that occurs is influenced by one factor, namely the threat to personal integrity, psychological problems including anxiety appear more in women of menopausal age, the reduced ability of women during menopause causes changes that have an impact on the emergence of anxiety about the role of menopausal women in the future (Wibowo & Nadhilah, 2020).

Anxiety is an individual response to an unpleasant situation experienced by all living things in everyday life. One of the factors that affect anxiety is age. The age of most respondents in this study was 45-55 years. Most women over 40 years of age do not know the symptoms of menopause and do not know when menopause will come, are anxious

and afraid of the arrival of menopause, feel useless as a woman (Wahyuni & Ruswanti, 2018).

A certain level of anxiety can be considered part of a normal response to overcome daily problems. The anxiety experienced by respondents is related to the tensions experienced in everyday life as a result of the decline in body functions during menopause, resulting in psychological complaints such as anxiety (Suwanti & Ratnasari, 2018). Respondents' anxiety can be overcome one of them by increasing knowledge. Women's knowledge about menopause will affect women's readiness to face menopause, this readiness can be in the form of readiness to respond to menopausal problems, readiness to act, and readiness to deal with menopausal problems so as to prevent anxiety.

Table 2 shows that there is a significant relationship between the level of knowledge about menopause and anxiety in elderly women aged 45-54 years. This is because most of the respondents have the last education of elementary school even to high school, so they have quite good knowledge and can interact with each other to provide input even though most of them work as housewives.

This study is in line with research conducted by (Susilowati & Mustika, 2020) that there is a relationship between the level of knowledge and anxiety in premenopausal women. However, in contrast to the results of research conducted by (Wibowo & Nadhilah, 2020) that there is no significant relationship between knowledge about menopause and anxiety in premenopausal women. Other research conducted by (Wahyuni & Ruswanti, 2018) shows that there is a significant relationship between knowledge about menopause and anxiety levels in premenopausal women.

Respondents who are categorized as having good knowledge will be better able to overcome the anxiety they experience. Meanwhile, respondents who are categorized as having less knowledge tend to experience severe anxiety. Anxiety is not only emotionally painful but because there is a mistake in knowledge, the more knowledge he knows, the easier anxiety will be to overcome. Every woman who will enter menopause must have adequate knowledge about menopause in order to undergo this period calmly so that the woman does not experience anxiety (Wahyuni & Ruswanti, 2018).

An increase in one's knowledge is obtained from the results of information through a process based on knowledge, awareness and attitudes, so the information will not cause errors. Conversely, if the information is not based on knowledge and awareness, it will cause errors that have an impact on fear and worry or increased anxiety. Women's anxiety supported by knowledge about menopause can be reduced or not cause anxiety (Stuart & Sundeen, 2017). The level of anxiety experienced by women in facing menopause is influenced by several factors including knowledge, knowledge is influenced by educational factors (Notoatmodjo, 2017). Most of the respondents in this study had an elementary school education level, namely 43 respondents (46.2%) and had less knowledge about menopause as many as 38 respondents (88.3%). Respondents with junior high school education level were 14 respondents and had a moderate level of knowledge as many as 7 respondents (50%), and for senior high school education had 36 respondents (38.7%) and had good knowledge as many as 25 respondents (69.4%).

From the results of the study above, there were 7 respondents who were well informed but had severe anxiety due to several things such as the inability to process information about menopause so that respondents did not have the ability to accept changes when menopause occurred which made respondents anxious. So with the higher a person's level of education, the more knowledge they have and the easier the process of receiving information, so that anxiety before menopause can be overcome properly. However, this does not mean that someone who has low education must have low knowledge. Because increasing one's knowledge is not absolutely obtained in formal education but can also be obtained from other information.

CONCLUSION

This study shows that most of the knowledge of women aged 45-54 years during menopause at Puskesmas Drajat Cirebon City is less (46.2%) and most of the anxiety of women aged 45-54 years during menopause is severe anxiety (45.2%). This study also provides results that there is a significant relationship between knowledge and anxiety of women aged 45-54 years during menopause at Puskesmas Drajat Cirebon City. For women facing menopause, especially at the age of 45-54 years, it is necessary to deepen information about the signs and symptoms of menopause from information from both health workers and the media so that they can face menopause well so that there is no anxiety when facing menopause.

ACKNOWLEDGEMENT

The researcher would like to thank those who have helped me in completing this research, to the Drajat Health Center of Cirebon City and its staff who have provided assistance and permission to me, as well as to all respondents in my research, I do not forget to thank the LPM STIKKU for facilitating the implementation of internal research.

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