

The Relationship between Knowledge and Attitudes towards Physical Changes in Premenopausal Women at the Samkai Health Center, Merauke

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ABSTRACT

Premenopausal is often not a concern for most women because they consider it a natural event, a small number consider it something bad or taboo to talk about openly. This study aims to determine the relationship between knowledge and attitudes towards physical changes in Premenopausal women at the Samkai Community Health Center, Merauke. This research uses a research design *Analytical Observational* with approach *cross sectional*. With technique *accidental sampling* The sample obtained was 48 respondents, the independent variable (knowledge and attitude) and the dependent variable (Physical changes in premenopausal women) using a questionnaire. Statistical tests are used *Chi-Square* to find out the relationship between the two variables. The results of research from 48 respondents showed that most respondents had poor knowledge about the physical changes of premenopausal women, namely 26 respondents (54.2%), most respondents had a negative attitude about the physical changes of premenopausal women, namely 25 respondents (52.1%), and It was found that most of the physical changes during premenopausal were partially felt, namely 27 respondents (56.3%). Analysis uses statistical tests *Chi-Square* a relationship was found Knowledge of physical changes in premenopausal women namely $p \text{ value} = 0.011 < 0.05$, and there is a relationship attitudes towards physical changes in premenopausal women namely $p \text{ value} = 0.004 < 0.05$. Necessity the role of health workers in providing education about the physical changes of premenopausal women so that women entering premenopausal can have a positive attitude by exercising regularly and taking care of themselves.

Keywords: Attitudes, Knowledge, Premenopausal Physical Changes

INTRODUCTION

Premenopausal is often not a concern for most women because they consider it a natural event, a small number consider it something bad or taboo to talk about openly. This is because women's basic knowledge about premenopausal is still small, so premenopausal women are reluctant to find out information about premenopausal. The lack of information obtained can result in low knowledge of premenopausal women which also has an impact on the attitudes they will take and can affect their health status (Ikhsanto, 2020).

Premenopausal is a transition period that occurs several years before menopause. During this time, the ovaries will gradually begin to produce less estrogen. The premenopausal age of women is usually 45 years to 49 years or 5 years before menopause occurs (Ayuningtyas, 2019).

The World Health Organization (WHO) estimates that by 2030 there will be around 1.2 billion women aged over 50 years. As many as 80% of them live in developing countries and the population of menopausal women increases by three percent every year (Nurlina, 2021). Physical changes during premenopausal are experienced by many women almost all over the

world, around 70-80% of European women, 60% in America, 57% in Malaysia, 18% in China, and 10% in Japan and Indonesia. From some data it appears that one of the factors and differences in these numbers is due to diet. European and American women have more estrogen than Asians. When premenopausal occurs in European and American women, their estrogen decreases drastically compared to Asian women. This decrease in estrogen levels often causes symptoms that greatly disrupt women's life activities (Nasution, 2020).

Data from the Central Statistics Agency for 2023 shows that in Indonesia, the projected female population according to the age group 45-49 years in 2021 is 116.7 million people. The number of premenopausal women will increase in 2022, namely 120.2 million, and will continue to increase in 2023, namely 122.8 million. (Central Statistics Agency, 2023).

The latest data from the Central Statistics Agency in 2018 shows that the population according to the age group 45-49 years in Papua Province is 219,661 people. Of this number, 15,658 people in the 45-49 year age group come from Merauke Regency (Central Statistics Agency, 2018).

Based on data obtained from the Merauke District Health Service in 2023, it shows that there are 5,394 women participating in health service according to the age group 45-49 years in 2021. Of this number, 35 people came from the Samkai Community Health Center. In 2022 the number of women participating in health service according to the 45-49 year age group will increase to 8,077 people, of which 33 people come from the Samkai Community Health Center (Merauke District Health Service, 2023).

Mothers' lack of knowledge in dealing with premenopausal is due to their low level of education and not having received information about premenopausal. Knowledge is also influenced by experience, which results in the emergence of different perceptions in dealing with premenopausal (Nasution, 2020). With a good level of knowledge, a person will know more about the signs and symptoms as well as the physical changes that occur before premenopausal in themselves (Norisa et al., 2022).

Negative attitudes are influenced by insufficient knowledge about premenopausal, so that not knowing what will happen and be experienced makes them think negatively about the physical changes during premenopausal (Afriani and Fatmawati, 2020). Premenopausal mothers with a positive attitude encourage them to prepare themselves for menopause, whereas negative attitudes are more dominant in not preparing themselves. The mother's attitude is influenced by culture and the environment, the more activities there are in the community, the more the mother adapts to the changes experienced (Nasution, 2020).

A preliminary study conducted by researchers at the Samkai Community Health Center in September 2023, with direct interviews, data was obtained from 20 premenopausal mothers, there were 16 people (80%) who did not know and had a negative attitude towards the physical changes during premenopausal and 4 people (20 %) who know and have a positive attitude towards the physical changes during premenopausal. Mothers who know about the physical changes during premenopausal say that they experience physical changes such as fatigue, restlessness, irritability, night sweats, insomnia, and complaints of bone dysfunction. This knowledge is obtained from the positive attitude of mothers who seek information and ask questions from family, neighbors and health workers regarding the premenopausal period. Meanwhile, mothers who did not know about the physical changes during premenopausal said that they did not know that there are several physical changes experienced by every woman before premenopausal. For this reason, mothers show a negative attitude, because they think that if they are not ready, all women will definitely experience this period when they are old. The average age of menopause in people in Merauke Regency is > 50 years. Considering that mothers' knowledge and attitudes towards physical changes during premenopausal are still low, it is necessary to explore the relationship between knowledge and attitudes of premenopausal mothers towards physical changes during premenopausal.

In research conducted by Sri Wahyuni Pane with the title "The Relationship between Level of Knowledge and the Attitude of Premenopausal Women Facing Physical Changes During Menopause in Aek Nauli Village, Hulu Sihapas District in 2021" shows that respondents who had knowledge were Good (8%), Fair (38%) , Less (54%). Respondents who had good knowledge and positive attitudes (2%), were sufficient (7%). Less (15%), while those who have good knowledge have negative attitudes (18%), enough (26%), less (42%). There is a relationship between knowledge and attitude $p=0.00$ ($p<0.05$). It is hoped that premenopausal women will better understand the changes that occur in themselves and not forget to maintain cleanliness and health in their daily lives (Pane, 2022).

With good knowledge about premenopausal, a person will be more aware of the signs and symptoms as well as the physical changes that occur before premenopausal in themselves, so this will encourage a person to have a positive attitude in preparing themselves for the premenopausal period.

Based on the background above, the author is interested in conducting research on the relationship between knowledge and attitudes towards physical changes in premenopausal women at the Samkai Health Center, Merauke.

METHOD

This research uses a research design *Analytical Observational* with approach *cross sectional*. With technique *accidental sampling*. The sample obtained was 48 respondents, the independent variable (knowledge and attitude) and the dependent variable (Physical changes in premenopausal women) using a questionnaire. Statistical tests are used *Chi-Square* to find out the relationship between the two variables. Data analysis found that there was a relationship Knowledge of physical changes in premenopausal women namely $p \text{ value} = 0.011 < 0.05$, and there is a relationship attitudes towards physical changes in premenopausal women namely $p \text{ value} = 0.004 < 0.05$.

RESULTS

Table. 1 Distribution of Respondent Characteristics and Variables

Research result	Frequency (f)	Percentage (%)
Age		
45 Years	18	37,5
46 Years	8	16,7
47 Years	5	10,4
48 Years	13	27,1
49 Years	4	8,3
Education		
No School	6	12,5
Elementary school	23	47,9
JUNIOR HIGH SCHOOL	7	14,6
Senior high school	7	14,6
College	5	10,4
Knowledge		
Not good	26	54,2
Good	22	45,8
Attitude		
Negative	25	52,1
Positive	23	47,9
Physical Changes in Premenopausal Women		

Some changes have been felt	27	56,3
Changes are felt throughout	21	43,8
Amount	48	100

Source: Research Questionnaire, 08 December 2023

Table 2. Cross Tabulation Between Variables

			Criteria for Physical Changes in Premenopausal Women		Total
			Some changes have been felt	The changes are felt throughout	
Knowledge Criteria	Not good	Frequency	19	7	26
		%	70,4%	33,3%	54,2%
	Good	Frequency	8	14	22
		%	29,6%	66,7%	45,8%
Total		Frequency	27	21	48
		%	100%	100%	100%
Attitude Criteria	Negative	Frequency	19	6	25
		%	70,4%	28,6%	52,1%
	Positive	Frequency	8	15	23
		%	29,6%	71,4%	47,9%
Total		Frequency	27	21	48
		%	100%	100%	100%

Source: Research Questionnaire, 08 December 2023

Based on table 2 above, it is known that respondents who had poor knowledge obtained the criteria for experiencing partial physical changes during premenopausal, namely 19 respondents (70.4%), and respondents who had a negative attitude obtained the criteria for experiencing partial physical changes during premenopausal, namely 19 respondents (70.4%).

Analysis of Research Statistical Test Results

		Value	Approx. Sig
Nominal by Nominal	Contingency Coefficient	5.120	.024
N of valid Cases		48	

Results of research analysis on The relationship between knowledge and physical changes in premenopausal women based on statistical tests using tests *Chi-Square* results were obtained $p = 0,011 < 0,05$ eye H_0 rejected and H_1 accepted which means it exists The relationship between knowledge and physical changes in perimenopausal women at the Samkai Community Health Center.

		Value	Approx. Sig
Nominal by Nominal	Contingency Coefficient	6.680	.010
N of valid Cases		48	

Results of research analysis on The relationship between attitudes towards physical changes in premenopausal women based on statistical tests using tests *Chi-Square* results were obtained $p = 0,004 < 0,05$ eye H_0 rejected and H_1 accepted which means it exists The relationship between attitudes towards physical changes in premenopausal women at the Samkai Community Health Center.

DISCUSSION

Knowledge Identification

Based on table 1 above, it is known that of the 48 respondents, the majority of respondents had poor knowledge about the physical changes of premenopausal women, namely 26 respondents (54.2%).

Mother's knowledge can be influenced by several factors, namely: internal factors including age, gender, education, occupation, and external factors including environment, socio-cultural, economic status, information sources, where these factors make the mother knowledgeable or experienced less dependent from how the mother responds with her intelligence to recognize something that premenopausal women have never experienced before (Isnaini Nurkholimah, 2022).

The majority of respondents had little knowledge about the physical changes of premenopausal women in this study. In the researcher's opinion, this was because the respondents did not know what is meant by premenopausal, did not know the age at which they entered premenopausal, and the signs of physical changes during premenopausal.

Attitude Identification

Based on table 1 above, it is known that of the 48 respondents, it was found that the majority had a negative attitude about the physical changes of premenopausal women, namely 25 respondents (52.1%).

Negative attitudes are influenced by insufficient knowledge about premenopausal, so that not knowing what will happen and be experienced makes them think negatively about the physical changes during premenopausal (Afriani and Fatmawati, 2020).

Premenopausal mothers with a positive attitude encourage them to prepare themselves for menopause, whereas negative attitudes are more dominant in not preparing themselves. The mother's attitude is influenced by culture and the environment, the more activities there are in the community, the more the mother will adapt to the changes experienced (Nasution, 2020).

The majority of respondents who had a negative attitude about the physical changes of premenopausal women in this study, according to the researcher's opinion, was because mothers did not pay attention to physical changes in themselves at the age of 45-49 years so that mothers were not yet prepared to face the premenopausal period.

Identify Physical Changes in Premenopausal Women

Based on table 1 above, it is known that of the 48 respondents, it was found that most of the physical changes in premenopausal were partially felt, namely 27 respondents (56.3%).

During premenopausal, the ovaries will gradually begin to produce less estrogen. Some of the signs of physical changes experienced by premenopausal mothers are menstrual bleeding that begins to come irregularly and will appear several times over a period of several months and then stop completely, hot flashes and night sweats, symptoms of vaginal drying due to decreased estrogen levels which is accompanied by itching and even pain during sexual intercourse, decreased memory, constipation, sleep disturbances, frequent urination and urinary tract infections (UTI), and decreased sex drive (Ayuningtyas, 2019).

In this study, the majority of respondents experienced physical changes during premenopausal, in the opinion of researchers, this was because of the 15 signs of physical changes during premenopausal, less than 7 symptoms were experienced by respondents. The physical changes during premenopausal that are most often experienced by respondents include: irregular menstrual cycles, dark spots and wrinkles appearing on the skin, especially on the face, excessive sweating, especially at night, decreased sexual desire, forgetfulness, irritability, and difficulty Sleep.

Analysis of the Relationship between Knowledge and Physical Changes in Premenopausal Women at the Samkai Health Center

The results of research analysis regarding the relationship between knowledge and physical changes in premenopausal women based on statistical tests using the Chi-Square test

showed that $p = 0.011 < 0.05$, so H_0 was rejected and H_1 was accepted, which means there is a relationship between knowledge and physical changes in premenopausal women at the Samkai Community Health Center.

Similar research conducted by (Norisa et al., 2022), found that 29 respondents (46.8%) had little knowledge, 24 (38.7%) of them were not ready to face premenopausal. The statistical test results obtained p value $0.000 < \text{sig}_\alpha = 0.05$, so it can be concluded that there is a significant relationship between premenopausal mothers' knowledge of their readiness to face premenopausal in Gampong Ranub Dong, Meureubo District, West Aceh Regency.

Mothers' lack of knowledge in dealing with premenopausal is due to their low level of education and not having received information about premenopausal. Knowledge is also influenced by experience, which results in the emergence of different perceptions in dealing with premenopausal (Nasution, 2020).

In the researcher's opinion, there is a relationship between knowledge and physical changes in premenopausal women at the Samkai Community Health Center. In this study, it proves that knowledge has an impact on physical changes in premenopausal women. This is proven by the results of this study, namely that there is a strong relationship between knowledge and physical changes in premenopausal women. The lack of knowledge of respondents can be shown from the answers of respondents, most of whom answered incorrectly regarding the meaning of premenopausal, the age at which they enter premenopausal, and most did not know the signs of physical changes during premenopausal.

With a good level of knowledge, a person will know more about the signs and symptoms as well as the changes that occur before premenopausal in themselves, both physically and psychologically. Therefore, knowledge about the physical changes of premenopausal women needs to be known by women aged 45-49 years, for example knowledge about the meaning of premenopausal, the age at which they enter premenopausal, and signs of physical changes during premenopausal.

Analysis of the Relationship between Attitudes towards Physical Changes in Premenopausal Women at the Samkai Health Center

The results of the research analysis regarding the relationship between attitudes towards physical changes in premenopausal women based on statistical tests using the Chi-Square test showed that $p = 0.004 < 0.05$, so H_0 was rejected and H_1 was accepted, which means there is a relationship between attitudes towards physical changes in premenopausal women at the Samkai Community Health Center.

Similar research conducted by (Norisa et al., 2022), found that 37 respondents (59.7%) had a negative attitude, 28 (45.2%) of whom were not ready to face premenopausal. The statistical test results obtained p value $0.000 < \text{sig}_\alpha = 0.05$, so it can be concluded that there is a significant relationship between the attitudes of premenopausal mothers and their readiness to face premenopausal in Gampong Ranub Dong, Meureubo District, West Aceh Regency.

Women's negative attitudes in facing premenopausal can occur because each woman has a different way of dealing with problems. This is also influenced by certain factors such as a lack of knowledge about premenopausal. Premenopausal mothers with a positive attitude encourage them to prepare themselves for premenopausal, whereas negative attitudes are more dominant in not preparing themselves (Norisa et al., 2022).

In the researcher's opinion, there is a relationship between attitudes and physical changes in premenopausal women at the Samkai Community Health Center. This study proves that mothers' attitudes really have an impact on physical changes in premenopausal women. This is proven by the results of this study, namely that there is a strong relationship between attitudes towards physical changes in premenopausal women. The mother's attitude can be

demonstrated by accepting, responding, appreciating and being responsible for the physical changes during premenopausal

The mother's attitude of acceptance can be done by accepting the physical changes during premenopausal such as hot feelings in the chest, vaginal dryness, decreased memory and irritability, menstrual cycle irregularities, and skin changes. Mothers begin to notice physical changes in themselves at the age of 45- 49 years old, and Mother realizes that signs such as a hot feeling in the chest, vaginal dryness, memory loss and irritability, menstrual cycle irregularities, and skin changes are physical changes during premenopausal. The mother's response attitude can be done by responding to the physical changes during the premenopausal by exercising regularly and taking care of herself, and the mother giving an answer when asked about physical changes during the premenopausal. The mother's attitude of respect can be done by the mother appreciating the physical changes she experiences during premenopausal, and the mother discussing with other people (family, friends, relatives or colleagues) about the physical changes during premenopausal. A responsible mother's attitude can be achieved by taking responsibility for the physical changes she experiences during premenopausal, knowing what will happen and experiencing during premenopausal, and preparing herself since premenopausal to face menopause.

CONCLUSION

1. Most respondents had poor knowledge about the physical changes of premenopausal women, namely 26 respondents (54.2%).
2. Most respondents had a negative attitude about the physical changes of premenopausal women, namely 25 respondents (52.1%).
3. Most of the physical changes in premenopausal were partially felt, namely 27 respondents (56.3%).
4. There is a relationship between knowledge and physical changes in premenopausal women, namely $p\text{ value} = 0,011 < 0,05$
5. There is a relationship between attitudes towards physical changes in premenopausal women, namely $p\text{ value} = 0,004 < 0,05$

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