

# The Relationship Of Premenopause Mother's Knowledge And Attitudes With The Level Of Anxiety In Facing Menopause In Premenopause Employees

Devy Putri Nursanti<sup>1\*</sup>, Eri Puji Kumalasari<sup>2</sup>

<sup>1,2</sup>Faculty of Nursing and Midwifery, Midwifery Program, STRADA Indonesia University, Kediri City, Indonesia

\*Corresponding author : [devyputri@strada.ac.id](mailto:devyputri@strada.ac.id)

## ABSTRACT

Every woman will experience menopause, where menopause is the final stage of a woman's reproductive period. Women who enter menopause will experience physical and psychological problems, if this is not handled properly it will cause anxiety, so sufficient knowledge and a positive attitude are needed. The aim of this research was to determine the relationship between knowledge and attitudes of premenopausal employees and anxiety levels in facing menopause. This type of research is quantitative with a cross sectional design. The sample in this research consisted of 31 respondents, namely employees aged 40-53 years who had not experienced menopause, obtained through purposive sampling. Data collection used a knowledge questionnaire, attitude questionnaire and anxiety questionnaire with the Zung Self rating Anxiety Scale (ZSAS). Data analysis using the Chi Square test. The research results show that the level of employee knowledge about menopause is in the good category (45.1%), and employees who have negative attitudes towards menopause are in the negative category (61.2%), and the level of anxiety is in the mild category (51.6%). There is a significant relationship between the knowledge of premenopausal employees in facing menopause with a value of  $p = 0.034$ , and there is a significant relationship between the attitude of premenopausal employees and the level of anxiety in facing menopause with a value of  $p = 0.017$ . Research sites can develop a PKRS program around menopause as a whole (patients, employees and visitors) either using print media or audio-visual media, so that education regarding changes during menopause can be easily and more easily accessible to patients, employees and visitors.

**Keywords:** Anxiety, Attitude, Knowledge, Menopause

## INTRODUCTION

At each stage of growth and development the human body will experience several changes both physically and psychologically. These changes occur most often in women, because during the aging process a phase occurs, namely the menopause phase. The menopause phase is preceded by the premenopause phase. Premenopause means the one or two years immediately before menopause, or the entire reproductive period before menopause. Premenopausal occurs in women 40 years and over, one of the signs is menstrual irregularity. In the menopause phase, the fertile period changes to the infertile period (the period of no fertilization/anovulation). In the medical world, premenopause is a physiological change in women who have entered the aging process, which is characterized by decreasing levels of the hormone estrogen produced by the ovaries. The hormone estrogen plays a very important role in the reproductive and sexual processes.

The changes that occur during the premenopausal period include changes in the endocrine, somatic and psychological systems that occur at the end of the reproductive period. These changes have a big impact on women, the impact they experience varies, depending on

several factors such as the social and family environment. The premenopausal period is a fear in itself for women, even though this physiological thing happens to all women, the impact can cause the household to become disharmonious if they are not ready to face it, because there are several physical changes that occur such as night sweats (sweating at night), vaginal dryness. (vaginal dryness), insomnia (difficulty sleeping), depression (anxiety), decreased libido and urinary incontinence (irritability). (Nasution Zulkarnain, 2019).

In women who are facing premenopause (the phase before menopause) the psychological impacts that are often experienced include feeling afraid, worried, irritable, irritable, difficulty concentrating, nervousness, feeling useless and unappreciated, stress. (Yuliasri et al, 2022).

Complaints and changes both physical, psychological and sexual also cause anxiety and worry in women facing menopause. The anxiety experienced is often associated with worry about situations that have never happened before. (S. Nurpatminingsih, 2016 in Puspitasari, B 2020).

Premenopausal and menopause syndrome is 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. (Ismiyati, A. 2010 in Hamdayani, D. 2020). Based on research conducted at the Department of Public Health Sciences, University of California Davis School of Medicine, it shows that women's anxiety before entering menopause (premenopause) increased significantly, namely 71.4% of 2,956 samples (Rambulangi, J. 2006 in Hamdayani, D 2020).

According to the Health Organization (WHO), in 2015 almost 894 million women worldwide experienced menopause and by 2030 it is estimated that this will reach 1.2 billion people. Still according to WHO, in ASIA it is estimated that in 2025 the number of women experiencing menopause will jump from 107 million to 373 million. (Ratnaningsih Dwi, 2021). The population of Indonesia in 1997 reached 201.4 million with 100.9 million women. The number of women aged 45-55 years reached 14.3 million people. In 2017 the population in Indonesia reached 261.89 million people, consisting of 130.31 million women, with the number of women aged 45-55 years and women aged menopause estimated at 15.8 million people. (BPS, 2017).

According to the East Java Health Service (2019), there was an increase in life expectancy in East Java from 2015-2018. This causes the number of women experiencing menopause to increase. 36.89% more women experienced health complaints, with an age range of 50-54 years amounting to 7.56%. Meanwhile, in Ponorogo Regency, according to records from the Ponorogo Health Department, the number of menopausal women is 165,525 people. From the initial survey conducted by researchers on 8 employees in premenopausal age at RSU "Darmayu" Ponorogo, it was found that 3 people had good knowledge, 5 people had moderate knowledge and none had poor knowledge, then all 8 people had a positive attitude, to Of the 8 people's anxiety, 4 people experienced mild anxiety, 3 people experienced moderate anxiety and 1 person experienced severe anxiety.

Even though menopause is a natural process that every woman will experience, some women feel that menopause is the saddest period in their life. There are many worries that haunt a woman's mind. The physical changes experienced are feelings of anxiety, anxiety about getting old, feelings of sensitivity, irritability, decreased sexual desire, feeling useless and no longer able to be productive. (Hawari D, 2008).

Anxiety generally arises because women do not receive the correct information, so what they think about is the negative effects during pre-menopause and entering menopause. (Proverawati, 2010). From research conducted by Haestyowati, D (2010) regarding analysis of factors related to the level of anxiety of premenopausal women in the RW 03 Sidomoro Gresik area, it was found that 48% of 21 respondents, namely 10 people who had good knowledge, 5

of whom did not experience anxiety and 5 others experienced mild anxiety.

From research conducted by Aprilia, N.I and Puspitasari, N (2007) regarding factors that influence the level of anxiety in perimenopausal women, it was found that the majority of respondents who had a negative attitude towards menopause experienced moderate anxiety of 33.33% and severe anxiety of 39.40. %. On the other hand, the majority of respondents who had a positive attitude towards menopause experienced mild anxiety, 65.67% and only 17.91% experienced severe anxiety.

Anxiety that is not handled properly can result in psychosomatic disorders, including irritability, constant worry, lack of self-confidence, mild to severe depression, insomnia, disturbed appetite, susceptibility to disease, and some even don't want to meet other people. These things will affect the quality of life in menopause, if they continue, they can increase the death rate. (Lestary D 2010 in Nur Diana 2021).

According to Wulandari (2010) in Nur Diana (2021), one way to prevent anxiety about facing menopause is to accept oneself as an individual with a positive view of oneself, accepting oneself from different aspects. Some women meditate or manage anxiety levels to prevent all the effects of anxiety during premenopause. (N. Mulyani, 2013 in Puspitasari B, 2020).

Support from family and husband is really needed by premenopausal women in facing menopause by accepting husbands who don't mind their wives when they are menopausal. Apart from support from husbands and family, through the process of living with religiosity by getting closer to God will also provide psychological stability to premenopausal women in facing menopause. (Prasetya et al, 2012 in Nur Diana, 2021).

## METHODS

The research design uses an Observational Analytical design with a Cross Sectional approach. The total sample was 31 respondents. Sampling used purposive sampling technique. Data collection uses a questionnaire. Data analysis used the Chi square statistical test with a significance level of  $\alpha = 0.05$ .

## RESULT

### a. Respondent Characteristics Based on Knowledge Variables

Table 4.3 Characteristics of Knowledge Variables in premenopausal employees at RSU Darmayu Ponorogo

Knowledge	Frequency	Percent
Good	14	45,1
Just	12	38,7
Less	5	16,1
Total	31	100

Based on the distribution results in table 4.3, it shows that the majority of premenopausal employees have good knowledge, namely 14 respondents (45.1%).

### b. Respondent Characteristics Based on Attitude Variables

Table 4.4 Characteristics of Attitude Variables for premenopausal employees at RSU Darmayu Ponorogo

Attitude	Frequency	Percent
Positive	12	38,7
Negative	19	61,2
Total	31	100

Based on table 4.4, it was found that the majority of respondents had a negative attitude, namely 19 people (61.2%).

c. Respondent Characteristics Based on Anxiety Level Variables

Table 4.5 Characteristics of anxiety level variables in premenopausal employees at RSU Darmayu Ponorogo

Anxiety Level	Frequency	Percent
Light	16	51,6
Medium	12	38,7
Weight	3	9,6
Total	31	100

Based on the distribution results in table 4.5, it shows that the majority of respondents experienced mild anxiety, namely 16 respondents (51.6%).

d. The Relationship between Knowledge and Respondents' Level of Anxiety in Facing Menopause in Premenopausal Employees at RSU Darmayu Ponorogo

Table 4.12 Cross tabulation of respondents' knowledge and anxiety levels among premenopausal employees at RSU Darmayu Ponorogo

Knowledge	Anxiety Level			Total
	Weight	Medium	Light	
Less	1	4	0	5
Just	0	6	6	12
Good	2	2	10	14
Total	3	12	16	31

Based on table 4.12 above, it is known that the majority of respondents who have good knowledge experience mild anxiety, 10 people (32.2%).

The results of the research analysis regarding the relationship between knowledge and anxiety levels of premenopausal employees based on statistical tests using the chi-square test showed that  $p = 0.034 < 0.05$ , so  $H_0$  was rejected and  $H_1$  was accepted, which means there is a relationship between knowledge and anxiety levels in premenopausal employees facing menopause.

e. The Relationship between Attitudes and Respondents' Level of Anxiety in Facing Menopause in Premenopausal Employees at RSU Darmayu Ponorogo

Table 4.13 Cross tabulation of respondents' attitudes and anxiety levels among premenopausal employees at RSU Darmayu Ponorogo

Attitudes	Anxiety Level			Total
	Weight	Medium	Light	
Negative	3	10	6	19
Positive	0	2	10	12
Total	3	12	16	31

Based on table 4.13 above, it can be seen that the majority of respondents who had a negative attitude experienced moderate anxiety, 10 people (32.2%), and the majority of respondents who had a positive attitude experienced mild anxiety, 10 people (32.2%).

The results of the research analysis regarding the relationship between attitudes and anxiety levels of premenopausal employees based on statistical tests using the chi-square test showed that  $p = 0.017 < 0.05$ , so  $H_0$  was rejected and  $H_1$  was accepted, which means there is a relationship between attitudes and anxiety levels in premenopausal employees in facing

menopause at RSU Darmayu Ponorogo.

## DISCUSSION

Knowledge can be influenced by educational factors. The results of this study show that almost half of the respondents have a D3 or bachelor's degree. This is in accordance with the theory that in general someone who is highly educated will have broader knowledge and will be easier to receive information (Sandra, M.A, 2017). Notoatmodjo (2005) states that this does not mean that someone with low education must also have low knowledge. Because increasing a person's knowledge is not absolutely obtained from formal education alone, but can also be obtained from other sources of information. For this reason, it is not always influenced by educational factors.

The researcher's assumption is that the knowledge of premenopausal employees at RSU Darmayu Ponorogo is good, although there are 5 people who still have less knowledge (16.1%). From the results of this research, based on the results of data collection from the questionnaire, respondents who had less knowledge had a tendency to lack understanding of several statements in the knowledge questionnaire, especially statements number 3, number 4, number 6, and number 19. Some of these statements still sounded unfamiliar. among ordinary people, these statements relate to things that influence menopause, signs and symptoms of menopause, and things that can reduce complaints during menopause.

Attitudes are determinants of behavior, because they relate to perception, personality and motivation. An attitude is a state of mental readiness, which is learned and organized according to experience and which causes a person's special influence or reaction to the people, objects and situations with whom he or she comes into contact (Sri Wahyuni Pane, 2021).

Attitudes are determinants of behavior, because they relate to perception, personality and motivation. An attitude is a state of mental readiness, which is learned and organized according to experience and which causes a person's special influence or reaction to the people, objects and situations with whom he or she comes into contact (Sri Wahyuni Pane, 2021).

According to the researchers' assumptions based on the results of collecting data on respondents' answers from attitude questionnaire statements, there are several statements where the majority of respondents tend to have a negative attitude, namely in the attitude questionnaire statements at number 4, number 5, number 6, number 7, number 15 and number 20. These statements relate to the symptoms of menopause, the chance of a heart attack during menopause and whether or not hormone therapy should be given to every menopausal woman. These statements may still be considered foreign to some respondents and therefore tend to have a negative attitude.

The results of research analysis regarding the relationship between knowledge and anxiety levels of premenopausal employees based on statistical tests using the chi-square test showed that  $p = 0.034 < 0.05$ , so  $H_0$  was rejected and  $H_1$  was accepted, which means there is a relationship between knowledge and anxiety levels in premenopausal employees in facing menopause.

From the results of this research analysis test, it can be shown that knowledge related to menopause has an effect on anxiety levels. This is confirmed by research conducted by Yuliastri, d., Ariandini, S., Rahmadini, A, F. (2022) in Buniwangi village entitled The relationship between maternal knowledge and attitudes and anxiety about facing menopause, with a p value = 0.002, it appears that there is a relationship between knowledge and the level of anxiety about facing menopause. Women's anxiety based on knowledge about menopause will be reduced, or will not cause worry or fear (Smart, 2010 in Sandra, M, A, 2017).

However, in this study it was also found that a small percentage of well-informed employees experienced severe anxiety (6.2%). This is because apart from knowledge, there are



other factors that influence the level of premenopausal anxiety in facing menopause, namely how to deal with menopause, attitudes, family support, economic conditions, health conditions, lifestyle and self-image.

From the results of the research analysis regarding the relationship between attitudes and anxiety levels of premenopausal employees based on statistical tests using the chi-square test, it was found that  $p = 0.017 < 0.05$ , so  $H_0$  was rejected and  $H_1$  was accepted, which means there is a relationship between attitudes and anxiety levels in premenopausal employees in facing menopause.

The researcher's assumption is that there were 12 (16.66%) respondents with mostly positive attitudes, namely 10 people experienced mild anxiety. This shows that there is a relationship between premenopausal employee attitudes and anxiety levels in facing menopause, because the work environment influences respondents' attitudes towards changes in the menopausal period. A positive attitude from premenopausal women facing menopause is able to divert unpleasant thoughts or feelings into positive things. It is hoped that positive acceptance before menopause can make premenopausal mothers prepare themselves physically and psychologically from an early age. Premenopause attitudes influence anxiety before menopause because a person's behavior will be seen from their behavior in accepting the changes that occur when menopause arrives.

However, of the 19 (61.29%) respondents who had a negative attitude, there were 6 people who experienced mild anxiety. From the results of data collection through questionnaires from these 6 respondents, even though they had a negative attitude, almost all of them had good knowledge, so they only experienced mild anxiety. This is in accordance with the theory according to KI, Fudyartanta in Utami (2019), that one of the internal factors that influences anxiety is the level of knowledge, ignorance can cause anxiety and vice versa, knowledge can be used to explain the problems faced so as to reduce anxiety.

## CONCLUSION

1. Based on the distribution results in table 4.3, it shows that the majority of premenopausal employees have good knowledge, namely 14 respondents (45.1%).
2. Based on table 4.4, it was found that the majority of respondents 19 people (61.2%) had a negative attitude.
3. Based on the distribution results in table 4.5, it shows that the majority of respondents experienced mild anxiety, namely 16 respondents (51.6%).
4. Based on statistical tests using the Chi-Square test regarding the relationship between knowledge and the anxiety level of premenopausal employees, the result was  $p = 0.034 < 0.05$ , so  $H_0$  was rejected and  $H_1$  was accepted, which means there is a relationship between knowledge and the anxiety level of premenopausal employees in facing menopause.
5. Based on statistical tests using the Chi-Square test regarding the relationship between attitudes and anxiety levels of premenopausal employees, the result was  $p = 0.017 < 0.05$ , so  $H_0$  is rejected and  $H_1$  is accepted, which means there is a relationship between attitudes and anxiety levels in premenopausal employees in facing menopause.

## REFERENCES

- Nasution,Z. (2019) Pengetahuan dan sikap ibu dalam menghadapi premenopause di Kelurahan Baru Ladang Bambu Kecamatan Medan Tuntungan. *Jurnal Darma Agung*, 27 (3).  
DOI : <https://jurnal.darmaagung.ac.id/index.php/jurnaluda/article/view/608>  
Yuliastri, d., Ariandini, S,. Rahmadini,A,F. (2022) Hubungan pengetahuan dan sikap ibu dengan kecemasan menghadapi menopause di desa Buniwangi

*Jurnal of Public Health Innovation*, 02 (02).

DOI : <https://ejournal.stikku.ac.id/index.php/jphi/article/view/417/333>

Ratnaningsih, D. (2021). Hubungan Tingkat Pengetahuan dengan Kesiapan Menghadapi Menopause Pada Wanita Usia Subur di Kecamatan Pedas Kabupaten Ngawi

*Jurnal Permata Indonesia*, 12 ( 2)

DOI : <https://jurnal.permataindonesia.ac.id/index.php/JPI/article/view/31>

Wibowo,D.A., Nadhilah, S. (2020) Hubungan pengetahuan tentang menopause dengan kecemasan pada wanita premenopause di kelurahan Kertasari kecamatan Ciamis kabuoaten Ciamis.

*Jurnal Keperawatan Galuh*, 2 (1)

DOI: <https://jurnal.unigal.ac.id/index.php/JKG/article/view/3736>

Pane, S, W,. (2021) Hubungan tingkat pengetahuan dengan sikap wanita premenopause menghadapi perubahan fisik saat menopause di desa Aek Nauli Kecamatan Hulu Sihapas tahun 2021.

DOI: <https://repository.unar.ac.id/jspui/handle/123456789/3132>

Widyaningsih, Ayu, G (2021) Gambaran tingkat pengetahuan tentang pemeliharaan kesehatan gigi dan mulut pada ibu hamil di Kabupaten Gianyar tahun 2021.

(Studi Dilakukan di Lokasi KKN IPE Poltekkes Kemenkes Denpasar Kelompok 5 Gianyar 2) Tahun 2021.

DOI : <http://repository.poltekkes-denpasar.ac.id/7320/>

Triastin, S, A.,(2018) Hubungan pengetahuan dan sikap ibu premenopause terhadap perubahan masa menopause di desa Orawa Kecamatan Tirawuta Kabupaten Kolaka Timur tahun 2018.

DOI : <http://repository.poltekkes-kdi.ac.id/621/>

Ulum, M, C,. (2018) Hubungan sikap dengan tingkat stress mahasiswa dalam penyusunan skripsi pada semester VII Stikes Icme Jombang. Perpustakaan Nasional Indonesia.

DOI : <https://onsearch.id/Record/IOS6145.1352>

Muyasaroh, H. (2020). Kajian Jenis Kecemasan Masyarakat Cilacap dalam menghadapi Pandemi Covid 19. In LP2M (Lembaga Penelitian dan Pengabdian Masyarakat).

DOI : <http://repository.unugha.ac.id/id/eprint/858>

Sandra, M, A,. (2017) Hubungan pengetahuan dengan tingkat kecemasan wanita menghadapi menopause di desa Duwet Kecamatan Bendo Kabupaten Magetan

DOI : <http://repository.stikes-bhm.ac.id/219/>

Wasis, (2014). Perilaku seksual pada wanita menopause di posyandu lansia Desa Selur Kecamatan Ngrayun Kabupaten Ponorogo.

*Repository Muhammadiyah University of Ponorogo*

DOI : <http://eprints.umpo.ac.id/954/>

Betristasia, P. (2020) Hubungan pengetahuan dengan tingkat kecemasan wanita premenopause dalam menghadapi masa menopause

*Jurnal Kebidanan*, 9 (2)

DOI : <https://akbid-dharmahusada-kediri.e-journal.id/JKDH/index>

Yazia, F. , Hamdayani, D. (2020). Faktor-faktor yang berhubungan dengan tingkat kecemasan ibu premenopause dalam menghadapi menopause.

*Jurnal Kesehatan Jiwa* 2 (2)

DOI : <https://jurnal.rs-amino.jatengprov.go.id/index.php/JIKJ/article/view/16/12>

Diana, A.N, (2021). Analisis factor kesiapan dengan tingkat kecemasan ibu premenopause dalam menghadapi menopause

*Jurnal Ilmiah Obsgyn* 13 (1)

DOI : <https://stikes-nhm.e-journal.id/OBJ/index>

Notoatmodjo . (2012). *Metode Penelitian Kesehatan*. Jakarta : Rineka Cipta

- Budiman, Riyanto,. (2013) *Kuesioner Pengetahuan dan Sikap Dalam Penelitian Kesehatan*. Jakarta: Salemba Medika
- Ali, M (2012). *Psikologi remaja perkembangan peserta didik* ,Hak Cipta 2012, Penerbit: PT Bumi Aksara, Jakarta
- Utami.Y.A.P, (2019) *Hubungan Pengetahuan dengan Tingkat Kecemasan Remaja dalam Menghadapi Menarche*
- Azwar (2012). *Sikap manusia dan pengukurannya*, Hak Cipta (2012), Penerbit: Pustaka Belajar, Jogjakarta
- Daniel katz dan rina (2013). *Peran sikap mahasiswa peserta didik*, Penerbit : Pustaka belajar, Jogjakarta
- Purwatyastuti. (2015). *Hubungan Tingakat Pengetahuan Menopause dengan Kecemasan Wanita Menjelang Menopause*. Bandung
- Wahyudi, I., Bahri, S., & Handayani, P. (2019). *Aplikasi Pembelajaran Pengenalan Budaya Indonesia*.
- Ismiatin, (2022) *Analisis tingkat kecemasan ibu hamil terhadap kepatuhan vaksin covid-19 di Puskesmas Jenangan Kabupaten Ponorogo*.
- Prawihardjo. (2013). *Ilmu Kebidanan Tentang Kontrasepsi*. Jakarta: Yayan Bina Pustaka
- Sutanto. (2011). *Menopause Sebagai Proses Alami Perubahan Fisik*. Jakarta: Rineka Cipta
- Kasdu. (2014). *Lansia Dan Keperawatan*. Jakarta: Salemba Medika
- Baziad. (2013). *Menopause dan Andropause*. Jakarta: Yayasan Bina
- Winkjosastro. (2012). *Buku Ajar Fisiologi Kedokteran*. Jakarta: EGC
- Sibagariang, Eva Elya, Dkk. (2010). *Kesehatan Reproduksi Wanita*. Jakarta : TIM.
- Nursalam. (2011). *Konsep dan Penerapan Metodologi Penelitian*. Jakarta: Rineka Cipta
- Hidayat. (2012). *Metode Penelitian Kebidanan dan Teknis Analisis Data*. Jakarta: Salemba Medika.
- Hernawati, S,. (2017) *Metodologi Penelitian dalam Bidang Kesehatan. Kualitatif dan Kuantitatif*  
Penerbit Forum Ilmiah Kesehatan (FORIKES) , Ponororo, 2017
- Hawari D. *Manajemen stress, cemas dan depresi*. Jakarta : Balai Penerbit Fakultas Kedokteran Universitas Indonesia; 2008.
- Proverawati, *Menopause dan Sindrome Premenopause*. Yogyakarta: Nuha Medika, 2010.
- Lestary, D. *Seluk Beluk Menopause*. Yogyakarta : Nuha Medika.2010
- N. Mulyani, *Menopause Akhir Siklus Menstruasi pada Wanita di Usia Pertengahan*. Yogyakarta: Nuha Medika, 2013.
- Liani, M (2017) Hubungan sikap terhadap hantaran pernikahan dengan kecemasan calon mempelai pria menghadapi hantaran pernikahan di Suku Melayu kecamatan Pangkalan Lesung kabupaten Pelalawan
- DOI : <https://repository.uin-suska.ac.id/20922/>
- Pratiwi G.I (2018) Hubungan Pengetahuan dan Sikap Keluarga dengan Tingkat Kecemasan Dalam Merawat Anggota Keluarga Yang Mengalami Gangguan Jiwa di Wilayah Kerja Puskesmas Sijunjung Kabupaten Sijunjung Tahun 2018
- DOI : <http://repo.upertis.ac.id/id/eprint/59>
- Wildasari, (2016) hubungan pengetahuan dengan sikap ibupralansia (45-55 tahun) menghadapi masa menopause di desa gunung barani kecamatan panyabungan tahun 2016