



The Effectiveness of Education on Mothers' Anxiety Levels in Facing Menopause

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ABSTRACT

Elderly is someone who has reached the age of 60 (sixty) years and over. The world's elderly population (age 60 years and over) is growing very fast, even the fastest when compared to other age groups. Menopause is a condition in a woman who experiences a decrease in ovarian function which results in a decrease in the production of the hormone estrogen. This situation, among other things, will result in the cessation of menstruation forever. The purpose of this study was to determine the effectiveness of education on the level of maternal anxiety in facing menopause. The design of this study is analytic with this is a pre-experiment with the One Group Pre-post Test design. By using a cohort approach. Population using total sampling. The population in this study were all mothers who lived in the Cempokolimo elderly hut, Pacet District, Mojokerto Regency. A sample of 31 respondents was obtained in November 2022. Data was collected by means of a questionnaire using the HARS scale with 14 questions and modified according to the emergence of changes, signs and symptoms that can cause anxiety in menopausal women. The statistical test used was the Wilcoxon signed rank test. The results showed that most of the anxiety levels before being given education (pre test) were mild anxiety, namely 18 people (58.1%), not anxious 3 people (9.7%), moderate anxiety 8 people (25.8 %) and severe anxiety in 2 people (6.4%). Results Most of the anxiety levels after being given education (post test) were not anxious, namely 18 people (58.1%), mild anxiety 10 people (32.2%) and moderate anxiety 3 people (9.7%)). Statistical Test Results Based on the results of the Wilcoxon Signed Rank Test it shows that the significance value is $0.000 < \alpha (0.05)$. Because the significance value is $< \alpha (0.05)$, then H_0 is rejected, which means that there is an influence on the effectiveness of education on the level of anxiety of mothers in facing menopause. the changes that are going through. Seeing the results of this study, there is still a need for regular health education education to reduce mothers' anxiety in dealing with menopausal changes

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INTRODUCTION

The definition of elderly (elderly) based on government regulation of the Republic of Indonesia Number 43 of 2004 is someone who has reached the age of 60 (sixty) years and over.¹ The natural process experienced by all living things is called the aging process, while old age is the term used at the final stage of an aging process. One of the assessments that reflects the success of development is the increase in the life expectancy of a population. Growth in life expectancy is increasing which has an impact on the number of elderly (elderly) each year. Elderly is someone who has reached the age of 60 (sixty) years and over.² The world's elderly population (age 60 years and over) is growing very fast, even the fastest when compared to other age groups. Menopause is a condition in a woman who experiences a decrease in ovarian function which results in a decrease in the production of the hormone estrogen. This situation, among other things, will result in the cessation of menstruation forever. The age of women entering menopause ranges from 45-55 years.³

During menopause, women will experience changes, both physical and psychological changes. Changes felt by these women include: changes in menstrual patterns, hot flashes, difficulty sleeping, sweating at night, wrinkles in the vagina, constipation, decreased libido, weight changes, skin changes, changes in the mouth, fatigue, symptoms of motor disturbances, urinary system and somatic system, as well as psychological changes such as depression, memory loss, irritability, psychological and emotional disorders.⁴ According to the Indonesian Directorate General of Population and Civil Registration, there will be 30.16 million elderly people in Indonesia in 2021. The population of East Java in 2021 was recorded at around 40.16 million people from the results of the Inter-Census Population Survey Projection (SUPAS). Then based on data from the National Socioeconomic Survey (SUSENAS) around 21.69 percent or 8.71 million people are residents aged 16-30 years. The elderly population is those aged 60 years and over. This number is projected to increase to 998.39 thousand people this year and 1.05 million in 2022. Then, the number of elderly people will increase again to 1.1 million people in 2023 and 1.17 million people in 2024.⁵

Based on research conducted by Ari Kusworo in Bantul concerning the effect of menopause health education on the anxiety level of mothers aged 40-50 years in facing menopause at RT. 08 Hamlet IX Ngestiharjo Kasihan Bantul found that the anxiety level of mothers aged 40-50 years before being given health education about menopause, namely the majority had moderate anxiety and severe anxiety, namely as many as 16 people or 45.7% while the lowest value was a mild level of anxiety, namely as many as 3 people (8.6%). Then after being given health education about menopause, the results of the highest level of anxiety were mild anxiety, namely 29 people or 82.9% and the results of the lowest level of anxiety, namely moderate anxiety, were 6 people (17.1%). So it can be concluded that there is an effect of health education about menopause on the anxiety level of mothers aged 40-50 years in facing menopause in RT.08 Hamlet IX Ngestiharjo Kasihan Bantul.⁶

Based on a preliminary study conducted by researchers, at Pondok Lansia, Pacet District, Mojokerto Regency in September 2022, there were 39 menopausal women. Of the 10 respondents who were given a questionnaire (HARS scale) it was found that 4 respondents (40%) experienced mild anxiety, 4 respondents (40%) experienced moderate anxiety and 2 respondents (20%) experienced severe anxiety. Of the 8 respondents said they had never received knowledge about menopause and did not know how to deal with problems related to the changes experienced by mothers during menopause

Menopause is something that definitely happens to a woman. In dealing with these menopausal changes, various reactions can arise in menopausal women and are accompanied by the occurrence of several other health problems and one of them is the occurrence of anxiety. Therefore, menopausal women are expected to have sufficient knowledge about the life cycle they will experience. With sufficient knowledge, anxiety in menopausal women will be reduced. This is the duty of a midwife in providing knowledge.⁷ One of them is with health education activities. This health education about menopause aims to help postmenopausal women overcome problems related to the changes that occur during menopause, so that mothers are able to adapt to the signs and symptoms that appear in them, increase confidence and reduce anxiety when facing menopause. That way they will think positively and accept that the changes that occur during menopause are natural and a natural process so that they can go through menopause calmly and without fear.⁸

Therefore the purpose of this study was to determine the effectiveness of providing education on the level of maternal anxiety in facing menopause at the sub-district elderly cottage at the Cempokolimo Elderly Nursing Boarding School, Pacet District, Mojokerto Regency.

METHOD

The research design used in this study was a pre-experimental design with a One Group Pre-post Test Design and using a cohort approach. So this study intends to determine the effectiveness of education on the level of anxiety of mothers in facing menopause at Pondok Lansia, Pondok Pesantren, Cempokolimo Elderly Institution, Pacet District, Mojokerto Regency. The sample size in this study was 31 people. The sampling technique used in this study was total sampling. The data collection tool or data instrument used in this study was a questionnaire that used the HARS scale with 14 questions and was modified according to the emergence of changes, signs and symptoms that can cause anxiety in menopausal women. The form of the types of questions in this study used closed questions, namely expecting the respondent to choose one or several alternative answers to each of the questions that have been provided according to what the respondent felt was whether there was an influence of education about menopause on the level of anxiety in menopausal women in facing menopause and remembering. This study aims to measure two variables where the independent variable is nominal scale and the

dependent variable is ordinal scale. The statistical test used is the Wilcoxon Signed Rank Test according to the distribution of data obtained from the research results with the significance level used α (0.05).

RESULTS

Based on the research, the results obtained :

1. Characteristics of respondents based on menopause age

Characteristics of respondents based on the age of menopause in the sub-district elderly boarding school in the Cempokolimo boarding school for the elderly, Pacet District, Mojokerto Regency, all respondents were 30 people (100%) aged 46-55 years.

2. Characteristics of respondents based on education

Table 1 Frequency distribution of respondent characteristics based on Cempokolimo Education, Pacet District, Mojokerto Regency in 2022.

No	Education	Amount	Percentage
1	Primary school	4	12,9%
2	Junior high school	7	22,6%
3	Senior High School	19	61,3%
4	College	1	3,2%
	Amount	31	100%

Source: primary data, 2022

From the research results, it was found that most of the respondents in the study had a high school education background, namely 19 respondents (61.3%)

3. Characteristics of respondents based on occupation

Table 2 Frequency distribution of respondent characteristics based on Cempokolimo Occupation, Pacet District, Mojokerto Regency in 2022

No	Occupation	Amount	Percentage
1	Entrepreneur	10	32,2%
2	Private	2	6,4%
3	Taking care of household	19	61,3%
	Amount	31	100%

Source: primary data, 2022

From the results of the study, it was found that most of the respondents in the study did not work/take care of the household, namely as many as 19 respondents (61.3%)

4. Anxiety level in menopausal mothers in facing menopause before being given education (pre test)

Table 3 Frequency distribution of anxiety levels in menopausal mothers in facing menopause before being given education (pre test) Cempokolimo, Pacet District, Mojokerto Regency in 2022

No	Tingkat kecemasan (pre-test)	Amount	Percentage
1	Not anxious (score < 6)	3	9,7%
2	Mild anxiety (score 6-14)	18	58,1%
3	Moderate anxiety (score 15-27)	8	25,8%
4	Severe anxiety (score > 27)	2	6,4%
	Amount	31	100%

Source: primary data, 2022

From the results of the initial data collection (pre-test), it was found that more than half of the respondents experienced mild anxiety related to the menopausal condition experienced, namely as many as 18 respondents (58.1%)

5. Anxiety level in menopausal mothers in facing menopause after being given education (post test)

Table 4 Frequency distribution of anxiety levels in menopausal mothers in facing menopause after being given education (post-test) in Cempokolimo, Pacet District, Mojokerto Regency in 2022

No	Tingkat kecemasan (pre-test)	Amount	Percentage
1	Not anxious (score < 6)	18	58,1%
2	Mild anxiety (score 6-14)	10	32,2%
3	Moderate anxiety (score 15-27)	3	9,7%
4	Severe anxiety (score > 27)	0	0,0%
	Amount	31	100%

Source: primary data, 2022

From the results of the final data collection (post-test) it was found that more than half of the respondents did not experience anxiety related to the menopausal condition they experienced, namely 18 respondents (58.1%)

6. The effect of education about menopause on the level of anxiety in menopausal women in facing menopause

Based on the results of data analysis carried out on anxiety data from the results of initial data collection (pre-test) and final data (post-test) obtained a Z score of -4.523 and an asymp sig (2-tailed) value of $0.000 < \alpha (0, 05)$ so that from the results of this analysis it can be concluded that there is a significant difference from the results of the initial data collection (pre-test) and final data (post-test) and proves that providing education about menopause is effective in reducing anxiety experienced by menopausal women.

DISCUSSION

Based on the results of the study, it can be seen that the level of anxiety of mothers in facing menopause before being given education shows that the majority of mothers are in mild anxiety, namely a number of 18 people (58.1%), not anxious a number of 3 people (9.7%), moderate anxiety 8 people (25.8%) and severe anxiety 2 people (6.4%). This is possible because there are several factors that influence the diversity and differences in the level of anxiety of mothers in facing menopause. This is in accordance with research conducted by Widorini et al, that the level of maternal anxiety in facing menopause is influenced by age, knowledge, attitude, family support and level of education.⁹

Based on the characteristics of the menopausal age of the respondents at the Cempokolimo Islamic boarding school for the elderly, Pacet sub-district, Mojokerto regency, all respondents were 31 people (100%) aged 46-55 years. This is in accordance with the theory that menopause is a condition in

a woman who experiences a decrease in ovarian function which results in decreased production of the hormone estrogen and the cessation of menstruation forever. In women with an age range of 45-55 will experience symptoms and complaints of menopause so that anxiety will arise due to changes that occur in the body. As mentioned in the questionnaire that measures the level of anxiety in menopausal women, namely tension, fear, sleep disturbances, intelligence disorders, feelings of depression, somatic symptoms (muscles), sensory symptoms, cardiovascular symptoms, respiratory symptoms, gastrointestinal symptoms, urogenital symptoms and vegetative/autonomic symptoms.⁹

With regard to the data on the characteristics of the research respondents, it shows that the respondents based on educational background mostly have a high school education background, namely a number of 19 people (61.3%). This is in accordance with the theory that the more knowledge one has the easier the process of receiving information. So that anxiety before menopause can be overcome properly. However, according to Notoatmodjo states that it does not mean that someone with low education must also have low knowledge. Because an increase in one's knowledge is not absolutely obtained in formal education but can also be obtained from other sources of information. Therefore, every woman who is about to enter menopause must have sufficient knowledge about menopause so that she can live this period more calmly so that women do not experience anxiety.¹⁰

In view of the characteristics of the respondents based on their occupation, the majority were IRT, namely 19 people (61.3%). If a woman doesn't have anything to do outside the home, for example a housewife, then someone will easily worry about something. This is supported by the theory that when there is no activity, one's mind becomes empty or empty so that anxiety, fear, hatred and others easily enter one's mind. Anxiety will not appear when you are active in activities. This is also supported by Asriati et al, saying that a woman who has social activities outside the home will get more information, for example from co-workers or friends in social activities.¹¹

Based on the research, it can be seen the level of anxiety of mothers in facing menopause before being given education about menopause and their anxiety shows that most of the anxiety levels after counseling (post test) are not anxious, namely 18 people (58.1%), mild anxiety a number of 10 people (32.2%) and moderate anxiety in 3 people (9.7%). Changes in the level of anxiety in facing menopause even though counseling about menopause has been carried out is caused by the attitude of the individual itself. This is consistent with the theory that the attitude shown in going through menopause as part of the normal life of every woman also has an effect on reducing or overcoming the anxiety she experiences. Every individual who views a problem from a positive side will have a positive influence on him and individuals who view a problem from a negative side will also have a negative influence on him which will later affect his actions.¹²

The results of the study also showed that after education about menopause, 18 people (58.1%) did not experience anxiety. This is because mothers already know that menopause is a natural event and a consequence of the aging process, decreased organ function and even the cessation of estrogen hormone

production. So that menopausal women must face it with full sincerity and always think positively and be ready to face the psychological turmoil due to menopause. This statement is supported by Mulyani who stated that the period after menopause is when a woman has been able to adjust to her condition, so that she does not experience physical disturbances that last approximately 3-5 years after menopause. During this period a new state of hormonal balance is reached, so that there are no more vegetative and psychological disturbances.¹³

Based on the results of the study, it can be seen changes in the level of anxiety of menopausal mothers in facing menopause before and after being given education about menopause and anxiety. After being given education, most of the respondents who were not anxious were 3 people (9.7%) to 18 people (58.1%), respondents with mild anxiety were 18 people (58.1%) to 10 people (32.2%), respondents with moderate anxiety were 8 people (25.8%) to 3 people (9.7%) and respondents with severe anxiety were 2 people (6.4%) to 0. The results of the analysis using the Wilcoxon signed rank test show that the significance value is $0.000 < \alpha (0.05)$. Because the significance value is $< \alpha$, then H_0 is rejected, which means that there is effectiveness of education on the level of maternal anxiety in facing menopause. The anxiety level of postmenopausal women showed that the average level of anxiety before being given education was 13.03, after counseling, the average anxiety level of respondents in the post test 3 days after being given education was 7.32. So it can be concluded that there is a decrease in the level of anxiety in menopausal women.

Researchers argue that health education through health education education methods affects the level of anxiety because anxiety will not arise if the knowledge possessed is sufficient. Health education through counseling is a process that aims to influence knowledge, attitudes and behaviors that are related to individual or group health. This is evidenced by research conducted by researchers, namely mothers with menopause 1-2 years who have decreased levels of severe anxiety and moderate to mild anxiety so that mothers do not experience anxiety. In addition, Rangkuti said that counseling is an educational activity carried out by spreading messages, instilling beliefs so that people are not only aware, know, and understand, but are also willing and able to carry out recommendations related to health.¹⁴ So it can be concluded that education affects the level of anxiety in menopausal women in facing menopause. This statement is supported by the theory that in some cases of anxiety, providing education is the main choice. Counseling is often interpreted as providing information from people who know and understand to help people who are given education in making the right decisions.

CONCLUSION

From the results of the research conducted, it was concluded that several factors that influence the incidence of stunted children include :

1. The results showed that most of the anxiety levels before being given education (pre test) were mild anxiety, namely 18 people (58.1%), not anxious 3 people (9.7%), moderate anxiety 8 people (25.8%) and severe anxiety in 2 people (6.4%).
2. Research Results Most of the anxiety levels after being given education (post test) were not anxious, namely a number of 18 people (58.1%), mild anxiety a number of 10 people (32.2%) and moderate anxiety a number of 3 people (9, 7%).

Statistical Test Results Based on the results of the Wilcoxon Signed Rank Test it shows that the significance value is $0.000 < \alpha (0.05)$. Because the significance value is $< \alpha (0.05)$, then H_0 is rejected, which means that there is an influence on the effectiveness of education on the level of anxiety of mothers in facing menopause. the changes that are going through.

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