

# THE RELATIONSHIP BETWEEN THE LEVEL OF KNOWLEDGE AND THE LEVEL OF ANXIETY OF WOMEN IN FACING MENOPAUSE IN THE MARGALAKSANA VILLAGE AREA, SUMEDANG REGENCY.

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## ABSTRACT

Menopause is known as the end of menstruation or menstruation, and is often considered a scourge in a woman's life. Most women start experiencing menopause symptoms in their 40s and peak at the age of 50. Many women complain that with the arrival of menopause they will become anxious. Anxiety that arises in postmenopausal women is often the presence of facing situations that were not previously feared. Such women are very sensitive to the emotional effects of hormonal fluctuations. Generally they do not get the correct information so that it is a negative effect that will be experienced after entering menopause. The purpose of this study was to determine the relationship between women's anxiety levels in dealing with menopause. The design of this study used a cross sectional research design which was conducted by sampling involving 74 respondents. Data collection was carried out in June 2022. Data was obtained using a questionnaire. Based on statistical tests using chi square, p value = 0.000 was obtained, there was a significant relationship between the level of knowledge and the level of anxiety in menopausal women in the Margalaksana village area, Sumedang district. that knowledge is an important domain that influences women's factors in dealing with menopause The results of this study are from 1 independent variable, namely the level of knowledge there is 1 level of anxiety in menopausal women in the Margalaksana village area, Sumedang district.



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## 1. INTRODUCTION

Menopause is a Greek term derived from the words menos, meaning "moon", and pause, meaning "stop", which can be translated as the cessation of the menstrual cycle. In the colloquial sense, the word menopause refers more to the process than to a specific moment in the menstrual cycle. Medically, menopause refers to one specific moment, the date of menstruation (Rosenthal, 2009). Menopause is known as the time of permanent cessation of menstruation that occurs following the loss of ovarian activity. According to the World Health Organization (WHO) menopause is defined as not having menstruation for 12 consecutive months due to the ovaries progressively failing to produce the hormone estrogen, follicles in the ovaries experience a decrease in activity that can cause menstruation to stop so that women do not experience menstruation forever.

Indonesia currently has 7.4% of menopausal women from the total population and in 2020 it is estimated to reach 11.52% with an average age of menopause of 49 years. The increase in the population of menopausal women is generally accompanied by various levels and types of complex problems that have an impact on the increase in health problems experienced by menopausal women. Menopause is known as the end of menstruation or menstruation, and is often considered a scourge in a woman's life. Most women begin to experience menopausal symptoms in their late 40s and peak at age 50 (Williams, 2007). Most menopausal women experience symptoms less than 50 years and about 25% more than 50 years. But if taken on average, generally a woman will experience menopause around the age of 45-50 years.

Physically, psychologically and sexually will cause women who are facing menopause to experience anxiety and worry. Menopause is very complex for women because they will experience changes in physical health that will affect their psychological health. Adequate knowledge about menopause can help premenopausal women prepare for menopause.

Some women think that menopause will cause anxiety and worry. This will become stressful and more burdensome if the woman thinks negatively and does not get the right support from the closest people. There are several factors associated with anxiety when facing menopause, namely social life habits, economic environment, knowledge, attitudes, family support and lifestyle (Mahadewi et al., 2010). As a result of changes from menstruation to not menstruating anymore, automatic changes in female reproductive organs occur (William et al, 2007; Rossow, et al, 2007; Kronenberg and Downey, 1987).

Changes in ovarian function will affect internal hormones which then affect the organs of the female body in general (Guthrie, Dennerstein, Hopper, and Burger, 1996; Visvnathan, Not only that, these changes often affect the psychological state of a woman. Medically, menopause is characterized by declining estrogen levels that result in a chaotic menstrual schedule, hot flashes, and vaginal dryness. Other signs and symptoms can result from increased levels of follicle stimulating hormone (FSH, follicle stimulating hormone) resulting in emotional changes such as irritability, sadness, and mood swings (Rosenthal, 2009). According to Brown identifies the signs and symptoms of menopause in 3 symptoms, namely, physical, psychological, and sexual symptoms.

Physical symptoms include hot flushes (hot flushes on the face, neck and chest that last for a few minutes; feeling dizzy, weak, sick), night sweats, palpitations (increased/fastened heartbeat), insomnia, more frequent urination, discomfort when urinating, inability to control urination (incontinence). Psychological symptoms include irritability, depression, anxiety, erratic mood, forgetfulness, and difficulty concentrating. Meanwhile, sexual symptoms can include vaginal dryness resulting in discomfort during sexual intercourse and decreased libido (Brown P, 2007).

Depression or stress is one of the signs and symptoms that often occur in menopausal women. This is related to the decrease in estrogen levels which affect neurotransmitters in the brain, causing feelings of anxiety which is the cause of depression or stress (Mulyani, 2013). Many women complain that with the arrival of menopause they will become anxious. Anxiety that appears in menopausal women is often associated with worry in the face of a situation that was never previously worried about. Women like this are very sensitive to the emotional effects of hormonal fluctuations. Generally, they do not get the right information so that they imagine the negative effects that will be experienced after entering menopause.

One of the factors that influence the anxiety level of pre-menopausal women facing menopause is the level of education (Adikusumo, 2003). High education can change the attitudes and behavior of pre-menopausal women in facing menopause so that pre-menopausal women can face menopause without experiencing anxiety. Meanwhile, low education can also affect the health behavior of pre-menopausal women towards menopause.

The level of education affects the level of knowledge. Knowledge both academically and religiously can affect a person's anxiety level. then if the educational status is low, it can cause a person to be easily stressed due to lack of knowledge. (Hawari, 2008). The results of this study are in line with Triana's research (2009), entitled anxiety in women experiencing menopause, in conclusion it is revealed that one of the things that affects menopausal anxiety is the mind of knowledge and cognitive changes experienced by women.

The level of education affects the increase in knowledge, changes in attitudes, changes in mindset and various other positive things that influence each other on the behavior of mothers aged 40-45 years in making efforts to prepare themselves in facing menopause so that mothers do not experience severe anxiety levels. This is in accordance with the opinion (Kasdu 2002) that highly educated women understand more about menopause, this is very possible because women who are at this level are easier to get means or access and supporting facilities such as newspapers, magazines, health books and others to obtain information and knowledge about menopause. Based on the results of preliminary studies by researchers, from the total number of Margalaksana Village from 6 RW and 24 RT a total of 290 women who have menopause. The results of the study found that more than half of the respondents (61.7%) had low knowledge, more than half of the respondents (66%) experienced moderate anxiety, it can be concluded that knowledge can affect menopausal anxiety.

## 2. METHOD

The research design used is quantitative research. According to Sugiyono (2018; 13) quantitative data is a research method based on positivistic (concrete data), research data in the form of numbers that will be measured using statistics as a calculation test tool, related to the problem under study to produce a conclusion. This study used a cross sectional research design. According to (Notoatmodjo, 2018), a cross sectional survey is a study to study the dynamics of the correlation between risk factors and effects, by means of an approach, observation or data collection at one time (point time approach) using analytical survey methods. The approach taken in this study used a cross sectional approach. The cross sectional approach is that each object is only observed once and measurements are taken simultaneously (Notoatmodjo, 2012). The independent variable in this study is the physical changes of menopausal women and the dependent variable in this study is menopausal anxiety. This research was conducted in Margapala Hamlet RT 01 RW 01 Margalaksan Village, South Sumedang District, Sumedang Regency.

Researchers will determine the population in this study are menopausal women in Margalaksana Village, South Sumedang District, Sumedang Regency, there are 290 people with the number of samples in this study, namely 74 respondents. In this study, the instrument used was a questionnaire of Knowledge Level with Anxiety Level of Women in Facing Menopause. In this questionnaire consists of general words, women's knowledge about menopause.

This analysis is carried out on two variables that are suspected of being related or correlated according to (Notoatmojo, 2014) Bivariate analysis using the chi square formula if the p value  $<0.005$  then  $H_0$  is rejected and  $H_a$  is accepted, which means that there is a relationship between the independent variable and the related variable, while if the p value  $<0.005$  then it means that  $H_0$  is accepted and  $H_a$  is rejected, which means that there is no relationship between the independent variable and the related variable.

## 3. RESULTS AND DISCUSSION

### 3.1. Results

#### 3.1.1 The level of knowledge of women in facing menopause in the Margalaksana Village area, Sumedang Regency

Table 1.

The level of knowledge of women in facing menopause in the Margalaksana Village area, Sumedang Regency

Knowledge	f	%
Good	30	40 %
Simply	34	46 %
Less	10	14 %
<b>Total</b>	74	100 %

Based on the table above, it can be seen that menopausal women who have sufficient knowledge, there are 34 (46%) people and there are 10 people (14%) in the Margalaksana village area, Sumedang Regency.

#### 3.2.2 Anxiety Level of Women in facing Menopause in Margalaksana Village Area, Sumedan Regency

Table 2.

Anxiety Level of Women facing Menopause in Margalaksana Village Area, Sumedang Regency

Anxiety	f	%
Lightweight	30	40 %
Medium	34	46 %
Weight	10	14 %
<b>Total</b>	74	100 %

Based on table 4.2 above, it is known that the level of anxiety in menopausal women in the Margalaksana village area, Sumedang Regency in 2022, there were 30 people (40%) with mild anxiety.

### 3.2.3 The relationship between the level of knowledge and the level of anxiety of women in facing menopause in the Margalaksana Village area, Sumedang Regency

Table 3.

The relationship between the level of knowledge and the level of anxiety of women in facing menopause in the Margalaksana Village area, Sumedang Regency

Knowledge Level	Anxiety Level			Total	P-Value
	Lightweight	Medium	Weight		
Good	30	0	0	30	0,00
	0 %	0 %	0 %	100 %	
Simply	0	30	4	34	
	0%	88%	12%	100 %	
Less	0	0	10	10	
	0 %	0 %	100 %	100 %	
Total	30	30	14	74	
	40 %	40 %	20 %	100 %	

Based on table 4.4 obtained 30 menopausal women The results of the chi square statistical test analysis obtained p - value 0.00 ( $p < 0.05$ ). So it can be concluded that  $H_a$  is accepted, meaning that there is a significant relationship between the level of knowledge and the level of anxiety in menopausal women in the Margalaksana village area, Sumedang Regency.

## 3.2. Discussion

### 3.2.1 The level of knowledge of women in facing menopause in the Margalaksana Village area of Sumedang Regency in 2022

Knowledge is the result of knowing and this occurs after people perceive a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, touch and taste (Notoadmodjo, 2008). In this study, respondents' knowledge was measured by the percentage of respondents' answers. The level of categorization is good knowledge, sufficient knowledge, and lack of knowledge. The level of good knowledge is if the total percentage of answers is  $>76\%$ , sufficient knowledge if the percentage of answers is 56-75%, while knowledge is lacking if the total percentage of respondents' answers is  $<55\%$  (Arikunto, 2008).

Rhofiatun (2012) states that menopausal women have a level of knowledge about menopause in the sufficient category. Knowledge can be influenced by educational factors. The results showed that 19 people were educated to secondary education. In general, someone with a higher education will have broader knowledge and the easier the process of receiving information so that the more knowledge they have. Conversely, lack of education will hinder the development of a person's attitude towards new values that are introduced (Wawan, 2009). Notoadmodjo (2008) states that it does not mean that a person with a low education must have a low level of knowledge.

that menopausal women have a level of knowledge about menopause in the moderate category. Knowledge can be influenced by educational factors.

The results showed that 19 people were educated up to secondary education. They also have low knowledge. Because increasing one's knowledge is not absolutely obtained in formal education but can also be obtained from other sources of information. For this reason, it is not always influenced by educational factors. Experience is also a factor that affects the level of knowledge, experience that will later be attached to knowledge in individuals subjectively so that the more experience, of course, the more knowledge that can be obtained. This can be related to the theory of Notoadmodjo (2003), namely knowledge is the result of "knowing" and this occurs after a person senses an object. certain. Good knowledge in a person can be obtained from anywhere, such as stories that are widely circulated among the people.

Women who have experienced menopause are accompanied by increasingly sophisticated information technology that helps understand menopause. The process of interaction is one that affects the learning process, from not knowing to knowing. The process of interaction that is created can be obtained through shopping activities, posbindu, posyandu, studies that can all increase knowledge, in addition to those obtained through print and electronic media.

### **3.2.2 Women's anxiety level in facing menopause in the Margalaksana Village area of Sumedang Regency in 2022**

Anxiety that occurs in a person is not the same in some situations. anxiety that occurs is influenced by one factor, namely the threat to personal integrity which includes physiological disabilities or interference with basic needs such as physical illness and assesses anxiety as a subjective experience that may be based on perceptions of the situation that occurs (Stuart & Sundeen, 2007). Psychological problems including anxiety appear more in women of menopausal age, the reduced ability of women at menopause causes changes that lead to anxiety about the role of menopausal women in the future (Nehle Et al 2014). Anxiety about the arrival of menopause generally occurs in women entering the age of 50 years. The fears experienced include, among others, fading beauty and the worry of losing a husband due to decreased sexual desire (Pribakti, 2012).

Women who experience the menopause period, the emergence of psychological problems is strongly influenced by changes in the physiological physical aspects as a result of the reduction and cessation of the production of the hormone estrogen, because the reduction of this hormone causes various symptoms and complaints (Irianto, 2014). In fact, not all women experience anxiety, fear when facing menopause. There are women who do not feel any disturbance in their psychological condition. The severity of stress experienced by women in facing and overcoming menopause is strongly influenced by how they perceive menopause (Hawari, 2008).

The level of anxiety of respondents in facing menopause can be influenced by attitudinal factors, family support, knowledge and lifestyle. Attitude, namely individuals who view a problem from a positive side, will have a positive influence on themselves and individuals who view a problem from a negative side will also have a negative influence on themselves including their anxiety. Family support relates to how much the family understands and provides a sense of security and comfort to the mother in facing menopause. Meanwhile, lifestyle is how the lifestyle carried out by an individual.

### **3.2.1 The relationship between the level of knowledge and the level of anxiety of women in facing menopause in the Margalaksana Village area of Sumedang Regency in 2022**

Based on the statistical test obtained  $p$  value = 0.00 where  $p$  value  $< 0.05$ , so that it is proven that there is a significant relationship between the level of knowledge and the level of anxiety in menopausal women in the margalaksana village area of Sumedang Regency in 2022 This is in accordance with the opinion Anxiety is not only emotionally sick but because there is an error in knowledge, the more knowledge he knows, the anxiety will be easier to overcome. Every woman who will enter menopause must have adequate knowledge about menopause in order to undergo this period more calmly so that the woman does not experience anxiety (Baziad, 2009). The results of this study are in line with research conducted by Betristasia Puspitasari (2020).

From the results of the Spearman Rank statistical test obtained  $\rho$ -value of  $0.000 < \alpha (0.05)$  and  $r = 0.553$ , it can be concluded that  $H_1$  is accepted, meaning that there is a relationship between knowledge and the anxiety level of premenopausal women in facing menopause in RT 15-17 Ds. Joho, Kec. Wates, Kab. Kediri. Based on the results of the study, information about menopause should be further enhanced by counseling so that premenopausal women can face menopause without excessive anxiety. Good knowledge about menopause will be the basis for mothers to face menopause calmly, in Fenti Herawati's research (2020) this is quantitative research of an analytical nature with a literature review design obtained from google scholar. The sample in this literature review amounted to 46 people. The results of this study found that respondents with less knowledge were (60.0%) and (40.0%) in the good knowledge category.

Based on literature review studies there is a relationship between the level of knowledge and the level of anxiety of women in facing menopause. It is hoped that health workers will play a more active role in increasing women's knowledge about menopause and how to deal with women's anxiety in facing menopause. This research is supported by Kasdu's (2020) statement which states that good knowledge will help women understand and prepare themselves in undergoing premenopause or menopause and if the woman has a lack of knowledge about menopause she will experience anxiety in undergoing menopause.

This is supported by Dedi (2020), namely efforts to reduce complaints in women after menopause are prevention as early as possible by providing correct knowledge and health information. Although the level of knowledge about premenopause is the dominant factor influencing the respondents' anxiety level in facing and undergoing premenopause, other factors such as age can also be a contributing factor to anxiety in premenopause.

According to Prawirohardjo (2003) a younger age is more prone to stress disorders than someone who is older. Various efforts can be made related to premenopause and anxiety, namely by holding a health promotion which includes counseling, health education and explanation of premenopause and menopause

itself. How to reduce complaints without using drugs, for example by exercising regularly, eating healthy and nutritious foods and thinking positively in old age.

This research is not in line with the research of Daniel Akbar Wibowo, Syifa Nadhilah (2020) The results of data analysis obtained a p-value of  $p0.211 (>0.05)$  statistically states that there is no significant relationship between knowledge about menopause and anxiety in premenopausal women in Kertasari sub-district, Ciamis district.

Health workers should further increase health promotion to women of menopausal age about menopausal knowledge to increase menopausal knowledge to be ready to face psychological problems. So based on the description of the discussion above, the results of the study which showed a relationship between the level of knowledge about menopause and the level of anxiety of women in facing menopause indicate that the knowledge factor is an important domain that affects women's anxiety in facing menopause.

It can be concluded that between the level of knowledge and the level of anxiety in menopausal women there is a significant relationship. The level of knowledge in menopausal women will affect the level of anxiety in menopausal women, good knowledge will make the anxiety experienced in menopausal women lighter, information about menopause should be improved with counseling so that premenopausal women can face menopause without excessive anxiety. Good knowledge about menopause will be the basis for mothers to face menopause calmly, health workers should further increase health promotion to women of menopausal age about menopausal knowledge to increase menopausal knowledge to be ready to face psychological problems. a strong encouragement is needed from various parties. This encouragement can be in the form of encouragement of activities related to this in order to achieve goals.

#### 4. CONCLUSION

Based on the results of the research and discussion described in the previous chapters, the conclusions that can be drawn from this research are:

1. The level of knowledge of menopausal women in the margalaksana village area is 46%.
2. Anxiety level of menopausal women in the margalaksana village area most have a moderate level of anxiety 40%.
3. There is a relationship between the level of knowledge and the level of anxiety in menopausal women in the Margalaksana Village area, Sumedang Regency in 2022 with p value = 0.00.

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