

## **Reduction of Anxiety with Education to Menopausal Women in RW03 Karang Duren, Jember**

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### **ABSTRACT**

**Background:** Menopause is a period sometimes makes women physical and psychological disturbances such anxiety. Based on preliminary studies, majority of menopausal 7 out of 10 respondents (70%) in Karang Duren experienced symptoms anxiety facing menopause. Analyzing the decrease in anxiety by providing education to menopausal in RW 03 Karang Duren.

**Method:** Pre-Experimental research design, research design is a pretest-post test where the researcher gives treatment to research subjects but before that measured first then after the treatment study group is measured again. Population in this study were all menopausal in RW 03, Karang Duren. The number of samples 38 menopausal who were taken by simple random sampling. Collecting data using a questionnaire and tested using the Wilcoxon test.

**Result:** In this study, before giving education, most of the respondents experienced moderate anxiety, namely 21 (55.00%). Then after providing education, most of the respondents experienced mild anxiety, namely as many as 25 (63.00%). The results of data analysis using Wilcoxon statistical test obtained asymptotic significance value 0.000 (<0.05). Concluded that H<sub>0</sub> is rejected, which means that providing education can reduce anxiety in menopausal in RW 03 Karang Duren.

**Conclusion:** Providing education can reduce anxiety menopausal in RW 03 Karang Duren.

**Keywords:** *Education; Anxiety; Menopause*

## Introduction

Menopause is often a complaint for women, some women (75%) consider menopause a problem or disorder, while others (25%) do not (Asbar, 2018). Changes in the level of the estrogen hormone begin in the early menopause period leading to physical and psychological changes. These changes are often regarded as stressors that can cause mild anxiety and panic. If this is not addressed immediately, it will cause female morbidity and trigger depression or stress, which can interfere with her activity and health if not treated immediately (Hawari, 2016).

According to a preliminary study conducted by the researchers, on October 30, 2022 in the village of Karang Duren in 10 respondents menopause mothers through interviews obtained the following facts: 3 respondents (30%) experienced symptoms of anxiety feel worried if the vagina feels dry disturbing when having sex with the husband, sleep disorders due to sweat at night (hot flashes), and 4 respondents (40%) feared the changes that occurred in their body during menopausal because of their ignorance of the changes in the body anything that happened during menopause. The remaining 3 respondents (30%) had no symptoms of anxiety.

Thus it can be concluded that most menopausal mothers in the Duren Coral Village have anxiety symptoms. The next of the seven respondents (100%) who experienced anxiety symptoms for general recruitment were left alone without any treatment effort. In this study, giving intervention with education to reduce anxiety in menopausal women, is reinforced by previous researchers by Ari Kusworo (2018) in Bantul on the Impact of Health Education on Menopause on the Level of Anxiety of Mothers in Dealing with Menopausal in Pedukuan IX Ngestiharjo Kasihan Bantul found that the level of anxieties of mothers before being given health education about menopause, i.e. the majority had moderate anxiety and severe anxiety was 45.7% while the lowest score had a mild anxiety rate is as much (8.6%).

## Method

### Research type

The type of research used is Pre Experimental with a pretestpost test research plan. The research is located in RW 03 village of Karang duren Jember. The research was carried out in January-February 2023.

### Population and sample

Population of the study is the total menopausal women in the village of Karang duren RW 03 of 43 people. The sample in this study is menopause women in RW03 village of Karang Duren of 38 people.

### Data collection

Data collection was carried out using a TMAS scale questionnaire that has been modified by the pre-urban in 2009. Questions on the questionnaire consisted of 18 questions with yes and no answers. For the answer "yes" has a score of 1 and for the reply "no" score of 0. The questionnaire has been tested for validity and reliability.

### Processing and Data Analysis

Grouping is done by creating a total answer score from the questionnaire. Then the score is classified. Here's the grouping of anxiety scores, mild anxieties scores (1-6), moderate anxieties scores (7-12), and severe anxieties scores. (13-18).

## Results

Table 1. Distribution of pre-educational alarm frequencies in menopausal women in RW 03 village of Karang Duren Jember in 2023

Premenopausal anxiety	Frequency	Percentage
Mild	17	45,00%
Moderate	21	55,00%
Severe	0	0,00%
Total	38	100,00%

Source: Primary Data, 2023

Based on table 1 of preeducation, the majority of respondents have moderate anxieties of 21 or 55,00%. The rest have mild anxieties of 17 or 45,00%

Table 2. Distribution of post-education anxiety frequency among menopausal women in RW 03 village of Karang Duren Jember in 2023.

Postmenopausal anxiety	Frequency	Percentage
Not anxiety	13	37,00%
Mild	25	63,00%
Moderate	0	0,00%
Total	38	100,00%

Source: Primary Data, 2023

Based on table 2 of the emergency of respondents after education, most respondents experienced mild anxieties of 24 or 63.00%.

Table 3. Comparison of pre- and post-education anxiety in menopausal women in RW 03 village of Karang Duren Jember in 2023

Anxiety	Before education		After education		p-value
	f	%	f	%	
Moderate	21	55	0		0,050
Mild	17	45	25	63	
Not anxiety	0	0	37	37	
Total	38	100	38	100,0	

Source: Primary Data, 2023

Based on table 3 comparison above the pre-educational anxieties obtained an average of 55,00% and there was a decrease to 0,00% after education. In the case of mild anxiety there was an increase from 45.00% to 63.00%. The prevalence of pre-education from non-anxiety of 0.00% increased to 37.00% after education. After testing with the help of SPSS in testing with Wilcoxon Signed Rank Test obtained a result of  $\alpha < 0,05$  or 0,000 then it can be concluded  $H_0$  rejected where there is a decrease in anxiety with giving education to menopausal women in RW 03 village of Korang duren Jember, meaning giving education can reduce anxieties in women in the face of menopause.

## **Discussion**

### **Emergency before giving education to menopausal women in RW 03 village of Korang duren Jember in 2023**

Based on the results of anxiety research respondents before being given education about menopause most have moderate anxieties of 21 or 55,00%. The rest have mild anxieties of 17 or 45%. This study is consistent with a study conducted by Widorini (2017) in the town of Oro-oro dowo Malang on the influence of education on the anxiety of mothers in the face of menopause. Research results showed that the majority of pre-educational anxieties were moderate anxiety, i.e. with presentations (51.8%), mild anxiety (25.8%), and severe anxiety (6.4%).

Anxiety is an unpleasant emotional condition, characterized by unstable, more offensive, often anxious emotions and more subjective feelings such as tension, fear, and anxiety. Menopausal anxiety occurs as a result of decreased levels of estrogen hormone followed by decreases in levels of serotonin (a comfortable and happy hormone) that affects mood. Because of the decrease in the estrogen hormone, it affects both the physiological and psychological aspects of menopausal women so that women tend to become uncomfortable and anxious about the changes that occur in their bodies. According to Sholicah in Muarofah (2019), the factors that influence anxiety are the level of education, employment, marital status, and information obtained about menopause.

Researchers argue that most menopausal mothers in RW 03 village of Korang duren Jember before being educated experience anxiety in the middle of the menopause, this is because when women are menopausal there is a decrease in the hormone estrogen that causes adrenal function and serotonin affects mood so women tend to be anxious. Besides, the factor that influences the occurrence of anxiety in menopausal women is knowledge. In this study most respondents never get information about menopause. Menopause anxiety will arise when women experience changes in their bodies that are new to them and lack of understanding about menopause, they will perceive the changes as different and the danger of that factor will eventually appear anxious.

### **Emergency after giving education to menopausal women in RW 03 village of Karang duren Jember in 2023**

Based on the results of anxiety research respondents after being given education about menopause mostly have mild anxieties that is 25 or 63,00%. The rest have no anxieties that is 13 or 37,00%. This study is in line with the study conducted by Lestari (2018) the influence of health education overmenopause on changes in the level of anxiousness in mothers menopausal.

Education is an educational activity that is carried out by means of disseminating information-messages, instilling confidence so that people are aware, know, and understand and there is an increase in knowledge. (Notoatmodjo, 2012). In addition, it is influenced by educational success factors such as educational target factors, and educational process factors.

Education can stimulate HPA Axis decreases the secretion of CRF (Corticotropin Releasing Factor) by the hypothalamus which causes the release of the hormone ACTH (Adrenocorticotrophic Hormone). ACTH stimulates the adrenal cortex and serotonin, so that feelings of anxiety can be reduced. The process will make cognitive function positive and can change women's perception of menopause to better so that psychological responses become adaptive and anxiety decreases.

After being educated, most respondents experienced mild anxiety. According to the researchers, when menopausal women are educated, the brain is stimulated so that the woman becomes aware, understanding, and understanding. It will then stimulate the HPA axis (Hypothalamus-Pituitary-Adrenal) decreasing the secretion of CRF (Corticotropin Releasing Factor) by the hypothalamus which causes the release of hormone ACTH (Adrenocorticotrophic hormone), ACTH stimulates adrenaline and serotonin so that the effects caused feelings become relaxed and anxiety reduced.

Furthermore, educational success is influenced by educational provider factors, target factors, and educational process factors. In giving this education is done privately so that respondents will be easy to concentrate. In addition, respondents are given a leaflet as a handle, the material or information presented in the leaflets is designed in a simple language that makes it easy for respondents to understand, easy to carry, read at any time, and the information can be read over and over again so that it can be stored in

a more permanent memory. Then for the time interval between the intervention and the emergency evaluation by performing the data collection posttest is at a sufficient interval of 3 days.

### **Decrease in anxiety with education to menopausal women in RW 03 village of Karang duren Jember in 2023**

Based on the results of the study, respondents' pre-educational anxiety gained an average of 45.00% and decreased to 0.00% after being educated. With data analysis using Wilcoxon's statistical test, the asymptotic significance value is 0,000 or the p value of 0,000 ( $<0,05$ ). So it can be concluded that  $H_0$  was rejected which means giving education can lower the anxiety of menopausal women in the RW 03 village of Karang duren Jember.

The results of the study are in line with the study conducted by Muarofah (2022) with the test of the research hypothesis using Paired T-test to determine the influence of menopause education with the level of anxiety in menopausal mothers. Researchers argue that women in menopause before being educated mostly experience moderate anxiety. This is because when women are in menopause there is a decrease in the hormone estrogen and followed by a course of serotonin levels that affect mood so women tend to have anxiety. Then this is also influenced by the ignorance factor and the low knowledge of respondents about menopause obtained from the interview results.

After being educated in menopausal women mostly experience a decrease in anxiety. It happens when menopausal women are given education and the brain is stimulated so that the woman becomes aware, understanding, and understanding. It will then stimulate the HPA axis (Hypothalamus-Pituitary-Adrenal) decreasing the secretion of CRF (Corticotropin Releasing Factor) by the hypothalamus which causes the release of the hormone ACTH (Adrenocorticotrophic hormone), ACTH stimulates adrenaline and serotonin so that the effects caused by the feelings are relaxed and anxiety is reduced.

The researchers also argued that after giving education to menopausal mothers mostly have a decrease in anxiety, this can happen because of the educational success factors, namely the educator, targeting, and educational process factors. Where there is an increase in knowledge in the respondents after given education due to the in

respondents there is a process of learning new knowledge is formed, new understanding arises, and new memories about menopause matters. In giving this education the material or information delivered is designed using simple language that makes it easier for the respondent to understand. The contents of the material are packaged in the form of leaflets, easy to carry and read at any time and the information can be read over and over again so it can be stored in a more permanent memory.

After being educated, there were respondents who did not experience a decrease in anxiety or constant anxieties, which is as many as four respondents. It can be influenced by the target factor (wanita menopause). In this study, respondents whose anxiety persists or does not experience a decrease in anxieties after being given education have a background of their educational level is SD. Where a low level of education will hinder respondents in digesting the message delivered and influence the reception of respondents faced with menopause, thus not affecting the change in respondent's anxiousness.

## **Conclusion**

Respondents' pre-education anxiety was mostly moderate, respondents' post-educational anxieties were mostly reduced, being in the category of mild, there was a decrease in the education of menopausal women in the RW 03 village of Karang duren Jember.

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