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Relationship between Knowledge Level and Anxiety in Premenopausal Women

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Abstract

Before menopause, a woman will experience premenopause, which is the beginning of biological, physiological changes and other clinical symptoms as the beginning of menopause and includes one year or the first twelve months after menopause. Physical changes due to decreased estrogen and progesterone production cause various symptoms, both related to reproductive organs and other body organs. Changes that occur during menopause also affect a woman's psychological state. The purpose of this study was to determine the relationship between the level of knowledge and anxiety in women approaching menopause at Posyandu Melati II, Jatibening Village. This study was quantitative with a cross-sectional design that aimed to determine the relationship between the level of knowledge and anxiety in premenopausal women. The sample in this study were women aged over 40 years and had not yet experienced menopause at Posyandu Melati II, Jatibening Village in 2018, Bekasi, obtained through total sampling. Of the 40 respondents, it was found that respondents with low knowledge experienced the most anxiety, as many as 13 people (46.4%). Respondents with high knowledge did not experience anxiety, as many as 1 person (8.3%). The data obtained indicates a relationship between knowledge and anxiety. Women at the Melati II Integrated Health Post (Posyandu) in Jatibening Village who are in premenopause need to gain more information about the signs and symptoms of menopause from reliable sources to help them navigate menopause effectively and without anxiety.

Keywords: Knowledge; Anxiety; Premenopause; Physiological Changes

Introduction

Health development is an investment in improving the quality of human resources. Sustainable health development has successfully improved public health, including increasing life expectancy in Indonesia from 68.6 years in 2004 to 70.5 years in 2007. This increase in life expectancy has led to an increase in the population of postmenopausal women in Indonesia. The number of women aged 50 and over has increased significantly over the years. The 2000 population census reported that the number of women aged 50 and over reached 15.5 million, or 7.6% of the total population. By 2020, this number is expected to increase to 30 million, or 11.5% of the total population (Riskesdas, 2013). The Central Statistics Agency (BPS) (2011) reported that the

female population in Indonesia is 118 million, with 7 million women aged 45-49 and 5.7 million women aged 50-54. Human growth and development are continuous processes, starting from newborns, through childhood, adulthood, and old age. As women develop, menopause is a natural process for every woman and is the final stage of the biological process, characterized by a decrease in the production of female sex hormones, namely estrogen and progesterone, from the ovaries (Riskesdas, 2013).

Menopause is the end of a woman's reproductive life, characterized by 12 months of amenorrhea. Menopause generally occurs between the ages of 45 and 58 (Shimp & Smith in Abernethy, 2011). According to Rostiana, menopause is the period during which a woman has not menstruated for 12 months due to the ineffectiveness of ovarian follicles, characterized by blood FSH levels >40 mIU/ml and estradiol levels <30 pg/ml. Most women experience menopause between the ages of 45 and 50, and it is a natural process (Riskesdas, 2013).

A preliminary study conducted at the Melati II Integrated Health Post (Posyandu) in Jatibening Village on 20 premenopausal women found that 10 premenopausal women did not know about premenopause and experienced anxiety in facing premenopause and the emergence of various diseases and other physical complaints. 6 premenopausal women did not know about premenopause and the emergence of various diseases and other physical complaints, but did not experience anxiety in facing premenopause. The other 4 women knew about premenopause and considered premenopause not to be a cause for concern because premenopause is a process that every woman will definitely experience. The reported study proves that there is still a high level of anxiety and a low level of knowledge among women in facing premenopause at the Melati II Integrated Health Post (Posyandu) in Jatibening Village.

Method

This study used a quantitative approach with a cross-sectional study design, which is a study to examine the dynamics of correlations between risk factors and effects, using observation or data collection at a single point in time (Notoatmodjo, 2012). This study describes the relationship between knowledge levels and anxiety levels in women approaching menopause. This study was conducted in RW 014, Jatibening Village. The study population was 40 premenopausal women living at the Melati II Integrated Health Service Post (Posyandu) in RW 012, Jatibening Village.

In this study, the researchers took a sample of 40 premenopausal women at the Melati II Integrated Health Service Post (Posyandu) in RW 012, Jatibening Village, Bekasi. The sample determination in this study used a total sampling technique, which is a method of collecting data from all members of the population (Machfoedz, 2012).

Result

Table 1. Frequency Distribution of Anxiety Levels in Premenopausal Women in RW 012, Jatibening Village in 2018

No	Anxiety Level	Frequency	%
1	Anxious	26	65
2	Not Anxious	14	35
	Total	40	100

Table 2. Frequency Distribution of Knowledge Levels in Premenopausal Women in RW 012, Jatibening Village, 2018

No	Level of Knowledge	Frequency	%
1	Low	28	70
2	High	12	30
	Total	40	100

Table 3. Distribution of Respondents Based on Level of Knowledge and Anxiety Level of Women in Premenopause in RW 012, Jatibening Village in 2018

No	Level of Knowledge	Anxiety Level				Total		P Value
		Anxious		Not Anxious				
		F	%	F	%	F	%	
1	Low	22	78.6%	6	21.4%	28	00.0%	0.011
2	High	4	33.3%	8	66.7%	12	00.0%	
	Total							

Discussion

Table 1 shows that the 40 respondents with the highest number of anxiety symptoms (26 people) (65.0%), and the fewest with no anxiety (14 people) (35.0%). Table 2 shows that the 40 respondents with the highest number of low knowledge levels (28 people) (70.0%), and 12 (30.0%) were in the moderate knowledge category. Table 3 shows the analysis of the relationship between knowledge level and anxiety levels. Of the 40 premenopausal women, the majority (22 respondents with low knowledge) experienced anxiety symptoms. The majority (8 respondents with high knowledge) experienced no anxiety.

Conclusion

The results of a study conducted in RW 012, Jatibening Village, on the relationship between knowledge about premenopause and anxiety levels in premenopausal women among 40 respondents showed the following: 28 (70.0%) of the 40 respondents had anxiety symptoms, while 12 (30.0%) had no anxiety symptoms. 24 (60.0%) of the 40 respondents had low knowledge, while 16 (40.0%) had high knowledge. The results showed a relationship between knowledge level and women's anxiety levels in facing menopause, as shown by a p-value of <0.05, which was 0.011.

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