



## Relationship between Level of Knowledge and Anxiety Facing Menopause in Women in Karang Pule Village, West Nusa Tenggara, Indonesia

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### ABSTRACT

Significant hormonal changes during menopause can influence emotional and physical well-being. Some women experience anxiety due to hormonal changes that can influence mood, sleep, and energy. This study aims to describe the level of knowledge and anxiety about facing menopause in women in Karang Pule village, West Nusa Tenggara, Indonesia. This research is an observational study with a cross-sectional design. The research was carried out in August-November 2023 at the Integrated Development Post (Posbindu) in Karang Pule village, Mataram, West Nusa Tenggara, Indonesia. Participants in this research were menopausal women in Karang Pule village. The inclusion criteria for participants were women aged over 40 years, had experienced menopause, and were willing to be respondents. A total of 42 women took part in this study. The majority of female respondents in Karang Pule village have a high school education (47.62%), have sufficient knowledge (52.40%), and experience moderate anxiety (71.42%). There is a relationship between the level of maternal knowledge about menopause and the level of anxiety during menopause in Karang Pule village ( $p < 0.05$ ). A coefficient correlation value was also obtained  $-0.425$ , which means that the better the mother's knowledge about menopause, the lower the anxiety experienced. In conclusion, there is a relationship between the level of knowledge and the level of anxiety during menopause among respondents in Karang Pule Village.

### 1. Introduction

Menopause is the stage in a woman's life when menstruation stops, usually occurring at the age of 45-55 years. Significant hormonal changes during menopause can influence emotional and physical well-being.<sup>1,2</sup> Some women experience anxiety due to hormonal changes that can influence mood, sleep, and energy. In addition, physical changes such as hot flashes, sleep disturbances, and weight changes can also contribute to anxiety. The emergence of feelings of anxiety can also be influenced by psychological factors, such as feelings of loss of fertility and changes in self-image.<sup>3</sup>

Knowledge of menopause can really help women deal with this period. Knowing what to expect during

menopause and understanding the physical, emotional, and hormonal changes that occur can help reduce anxiety and uncertainty. Understanding that menopause is a normal part of the aging process and not an illness can help women face it with a more positive attitude. This knowledge can help reduce stress and anxiety that may arise related to bodily changes. Knowing the treatment and management options for menopausal symptoms, such as hormone replacement therapy (HRT), a healthy lifestyle, and psychological support, can give women more control and options for managing their well-being.<sup>4,5</sup> Knowledge about menopause allows women to actively engage in conversations with their health professionals. By having good knowledge about



menopause, women can open communication with their friends, family, and colleagues. Social support can help overcome challenges and promote well-being during menopause.<sup>3,4</sup> This study aims to describe the level of knowledge and anxiety about facing menopause in women in Karang Pule village, West Nusa Tenggara, Indonesia.

## 2. Methods

This research is an observational study with a cross-sectional design. The research was carried out in August-November 2023 at the Integrated Development Post (Posbindu) in Karang Pule village, Mataram, West Nusa Tenggara, Indonesia. Participants in this research were menopausal women in Karang Pule village. The inclusion criteria for participants were women aged over 40 years who had experienced menopause and who were willing to be respondents. A total of 42 women took part in this study. The variables in this study consisted of

women's level of knowledge regarding menopause and anxiety. The women's level of knowledge was measured using a structured questionnaire, while anxiety was measured using the Hamilton Anxiety Rating Scale. The data obtained was analyzed using SPSS for Windows 22.0 software. The results of the analysis are presented in table form and narrative form.

## 3. Results and Discussion

The majority of female respondents in Karang Pule village had a high school education (47.62%), had sufficient knowledge (52.40%), and experienced moderate anxiety (71.42%) (Table 1). Based on Table 2, a relationship was found between the mother's level of knowledge about menopause and the level of anxiety during menopause in Karang Pule village ( $p < 0.05$ ). A coefficient correlation value was also obtained  $-0.425$ , which means that the better the mother's knowledge about menopause, the lower the anxiety experienced.

Table 1. Data on education, knowledge, and anxiety of participants.

| Variables          | Education      | N (%)     | Knowledge  | N (%)    | Anxiety levels | N (%)     |
|--------------------|----------------|-----------|------------|----------|----------------|-----------|
|                    | Primary school | 8 (19.05) | Good       | 4 (9.52) | Mild           | 5 (11.90) |
| Junior high school | 10 (23.80)     | Enough    | 22 (52.40) | Moderate | 30 (71.42)     |           |
| Senior high school | 20 (47.62)     | Less      | 10 (23.80) | Severe   | 7 (16.68)      |           |
| Bachelor           | 4 (9.53)       | Very less | 6 (14.28)  |          |                |           |
| Total              |                | 42 (100)  |            | 42 (100) |                | 42 (100)  |

Table 2. Analysis of knowledge level with participant anxiety level.

| Variable                                   |           | Anxiety levels |            |           | Total      | P-value | Correlation coefficient |
|--|-----------|----------------|------------|-----------|------------|---------|-------------------------|
|  |           | Mild           | Moderate   | Severe    |            |         |                         |
| Level of knowledge on the level of anxiety | Good      | 0              | 4 (9.52%)  | 0         | 4 (9.52%)  | 0.011*  | -0.425                  |
|  | Enough    | 2 (4.77%)      | 15(35.71%) | 2 (4.77%) | 19(45.24%) |         |                         |
|  | Less      | 0              | 7 (16.67%) | 1 (2.38%) | 8(19.05%)  |         |                         |
|  | Very less | 0              | 10(23.81%) | 1 (2.38%) | 11(26.19%) |         |                         |
| Total                                      |           | 2 (4.77%)      | 36(85.71%) | 4(9.53%)  | 42 (100%)  |         |                         |

\*Chi-square analysis; significance  $p < 0.05$ .



Good knowledge can help women enter menopause. Health professionals, including doctors, midwives, and other health professionals, can provide invaluable support and guidance to women facing menopause.<sup>6,7</sup> Several ways that can be done to increase knowledge related to menopause in women include education, symptom management, emotional support, counseling, and future health planning. Health professionals can provide accurate and relevant information about what to expect during menopause. The information provided includes an explanation of hormonal changes, possible symptoms, and how to manage them. Health workers can help in planning treatment for menopause symptoms. Treatment options include hormone replacement therapy (HRT) or managing symptoms with lifestyle changes, diet, and exercise.<sup>7-9</sup>

Menopause not only influences the physical body but can also have an emotional impact. Healthcare providers can provide emotional support and help women cope with stress, anxiety, or mood changes that may occur during this time.<sup>10</sup> Health care providers can perform general health monitoring to ensure that women going through menopause remain healthy, including regular health check-ups and conversations about certain health risk factors that may be associated with menopause.<sup>11,12</sup> If necessary, healthcare providers can provide counseling or refer women to mental health professionals if they experience significant emotional difficulties during menopause. Health professionals can help women plan for their future health, including understanding the risk of certain diseases that may increase after menopause and how to maintain overall health.<sup>13,14</sup>

#### 4. Conclusion

There is a relationship between the level of knowledge and the level of anxiety during menopause in respondents in Karang Pule Village.

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