

The Relationship of Mothers' Level of Knowledge on Menopause Concerning Personal Readiness for Menopause at Binjai Estate Health Center

by Mardiani Purba

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Mardiani Purba

Akademi Kebidanan Kharisma Husada Binjai, Indonesia

Email : mardianiakbid@gmail.com

Abstract. This study explores the relationship between mothers' knowledge of menopause and their personal readiness for this life stage at the Binjai Estate Health Center. Menopause, marked by the cessation of menstrual cycles, brings various physical and psychological changes. Adequate knowledge of menopause is essential for women to prepare both emotionally and physically for these changes. Using a quantitative cross-sectional design, the study involved mothers aged 45-55 years who attended the health center. Data were collected through structured questionnaires that evaluated the participants' understanding of menopause, including its symptoms, stages, and health implications, alongside their readiness to face these changes. The results indicated a significant correlation between knowledge and readiness for menopause. Mothers with higher knowledge levels were more prepared, taking proactive steps to manage symptoms and seek healthcare. In contrast, those with less knowledge experienced greater anxiety and uncertainty about the menopausal transition. The study highlights the crucial role of educational programs in equipping women with the knowledge needed to navigate menopause effectively. Health centers, such as the Binjai Estate Health Center, are vital in providing this education and support, thereby enhancing women's readiness for menopause and improving their overall well-being.

Keywords: Menopause, Knowledge, Readiness, Women's Health, Binjai Estate Health Center.

1. INTRODUCTION

Menopause is a natural process that occurs in all women, marked by the permanent cessation of menstruation (menstruation) and begins with irregular menstrual periods (Northrup, 2021). Women who will experience menopause go through the stages of premenopause, perimenopause, menopause and postmenopause (Greenblum et al., 2013). Menopause is generally accompanied by various complaints in the field of vasomotor, urogenital and somatic and psychological complaints, even occurring before menstruation begins to be irregular (premenopausal phase) (Ministry of Health of the Republic of Indonesia, 2017). Several climacteric complaints (the transition period before menopause) can occur in this phase, such as irregular menstruation, mood swings, hot flushes (Asriati et al., 2019).

As many as 58.3% of women entering menopause experience physical and psychological dysfunction such as anxiety, depression, insomnia, memory weakness, anxiety and physical disorders. Low socio-economic status, education level, age, smoking habits and lack of physical activity are related to quality of life (vasomotor, psychological and somatic syndrome of menopausal women) (Koeryaman & Ermiami, 2018).

In line with the aging process that everyone experiences, there is also a decline in the function of the body's organs, including one of the female reproductive organs, namely the ovaries. Disruption of ovarian function causes a reduction in the production of the hormone estrogen and this will cause some decline or disturbance in physical, biological and sexual aspects. In some women, the emergence of symptoms or physical disorders as a result of the cessation of production of the hormone estrogen will also affect their psychological and social conditions (Noor, 2010). The arrival of menopause will have a tremendous impact on women in particular, both psychologically and physically, so to reduce this impact, women who are approaching menopause should make preparations, including seeking objective information about everything related to menopause, especially for women who have not experienced menopause. The most important thing is to foster open communication with the husband and all the family, so that everyone understands and can understand the condition of the wife and mother (Lestari, 2010).

So far, the efforts made by women include drugs that can reduce the impact of menopause, namely difficulty sleeping. Meanwhile, another effort is to use hormone replacement therapy which can stop attacks of heat and sweat that bother you and make the vagina wetter and if this therapy is carried out over a long period of time it will have the effect of reducing other health risks such as bone fragility and heart disease caused by decreased estrogen in the body (Burns, 2009).

According to the approach in psychology, basically the fear, emotion, anxiety and stress disorders experienced by humans are largely determined by how the individual assesses, interprets or perceives the events they experience. So, how do individuals prepare for or assess menopause will affect his psychological emotional condition. If women view menopause as a frightening thing, women will face menopause full of anxiety, fear, stress and even depression (Noor, 2010). Several studies found that as many as 37.9% of women experienced depression near the menopause period. Apart from that, there is also research which finds that 25% will experience depression during the menopause period (Kusumawardani, 2006). Factors that are very influential in facing the menopause period include social factors which include a woman's knowledge about menopause, the woman's education, the job she has, and the income she earns. Apart from these factors, external factors are also involved, including preparation for retirement and activities after the productive period has passed,

for example participating in positive activities, joining a number of social associations (Kusumawardani, 2006).

2. LITERATURE REVIEW

Quality of life in the physical aspect includes changes in physical health such as fatigue, dizziness, insomnia and sweating, which affect daily activities, the psychological aspect includes sensitive mood, difficulty concentrating, excessive anxiety without realizing the cause, the social relationship aspect includes lack of acceptance. and social support from family and those closest to you which can cause household problems, and environmental aspects which include poor interactions with the environment such as communication with friends and neighbors. ¹³ All these aspects of quality of life can cause complaints from mild to severe and worsen health problems if not handled properly (Putri, Wati, & Ariyanto, 2014). ² Sufficient knowledge about menopause can help premenopausal women prepare themselves for menopause, through this knowledge it plays a role in influencing a woman's decision to behave healthily later (Sasrawita, 2017). Knowledge is an important factor in shaping a person's actions which originates from the result of not knowing and occurs after people have sensed to maintain and develop life (Notoatmodjo, 2010).

A woman's readiness to enter menopause includes physical readiness such as accepting the menopause process by paying attention to lifestyle including exercising regularly, consuming healthy and nutritious food, avoiding cigarettes and alcohol and consulting a doctor, psychological readiness includes positive thinking through good acceptance and avoid stress, and spiritually by getting closer, strengthening worship so as to create positive acceptance. Symptoms include sweating, fatigue, difficulty sleeping, irritability, feelings of fear, tension, depression. This is influenced by age, activity, and educational and economic background (Natara & Maria, 2013).

⁷ Menopause is the final stage experienced by women in the form of a lack of production of female sex hormones from the ovaries, namely estrogen and progesterone. A woman is said to be in menopause if she has not menstruated for 1 year. Some women even don't know about menopause (Cipto et al., 2020). Every woman experiences different knowledge regarding problems when facing menopause

3. METHODS

The research conceptual framework is a method that will be used to explain the relationship or connection between the variables to be studied (Notoatmojo, 2018). In this research, the researcher researched ¹⁷ the relationship between the level of knowledge of mothers about menopause and their readiness to face menopause at the Binjai Estate Community Health Center in 2024. This research is a form of research using an analytical research design. Analytical research design is to look for a ¹⁴ relationship between the independent variable and the dependent variable. The type of research includes quantitative research.

This research uses ¹² a cross sectional approach. The cross sectional approach is research that emphasizes measuring and observing data on dependent and independent variables (Nursalam, 2017). This research is a form of research using an analytical research design. Analytical research design is to look for a ¹⁴ relationship between the independent variable and the dependent variable. The type of research includes quantitative research. This research uses ¹² a cross sectional approach. The cross sectional approach is research that emphasizes measuring and observing data on dependent and independent variables (Nursalam, 2017).

4. RESULTS

Table 1. Respondent Characteristics

Respondent Characteristics	Frequency (f)	Percentage (%)
Age		
45-55 years old	29	40,3
51-55 years old	31	43,1
> 55 years	12	16,7
Education	2	2,8
Elementary School	7	9,7
Middle School	40	55,6
Academic/Graduate School	23	31,9
Work	11	15,3
Civil Servant	19	26,4
Entrepreneurs	20	27,8
Unemployed		

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Total	72	100.0

Respondents' Knowledge About Menopause

Table 2. Frequency distribution of respondents based on knowledge about menopause at the Binjai Estate Community Health Center in 2024 (n=72)

Knowledge	Frequency (f)	Percentage (%)
Tall	41	56.9
Low	31	43.1
Total	72	100.0

Based on Table 2, it is known that the majority of respondents had a good level of knowledge, 41 respondents (56.9%) and 31 respondents who had a low level of knowledge (43.1%).

Readiness for Menopause

Table 3. Frequency distribution of respondents based on readiness to face menopause at the Binjai Estate Community Health Center in 2024 (n=72)

Knowledge	Frequency (f)	Percentage (%)
Ready	55	76.4
Not Ready	17	23.6
Total	72	100.0

Based on Table 3, it is known that the majority of respondents were ready to face menopause, 55 respondents (76.4%) and 17 respondents (23.6%) who were not ready to face menopause.

Bivariate Analysis

The Relationship between Knowledge and Readiness for Facing Menopause in Premenopausal Women at the Binjai Estate Community Health Center in 2024:

Table 4. Cross Tabulation Results of the Relationship between Menopause Knowledge and Readiness to Face Menopause in Premenopausal Women at the Binjai Estate Community Health Center
Year 2024 (n=72)

Menopause Knowledge	Readiness Face		Sig	r
	Ready	Not Ready		
Tall	41 (56.9%)	11 (15.3%)	0,000	0.682
Low	14 (18.1%)	6 (8.3%)		
Total	55 (76.4%)	17 (23.6%)		

Based on the research results, it can be seen that of the 72 respondents, the readiness of mothers to face menopause in the ready category was mostly seen in pre-menopausal mothers whose knowledge was in the good category, namely 41 respondents (56.9%). Meanwhile, mothers' readiness to face menopause in the not ready category was mostly seen in mothers whose knowledge was in the low category, namely 6 respondents (8.3%)

From the results of the Spearman Rho statistical test with a confidence level of 95% ($\alpha=0.05$), the calculation results show that the p value ($0.000 < \alpha (0.05)$) means that H_0 is rejected and H_a is accepted. Thus, there is a relationship between maternal knowledge and maternal readiness to face menopause at the Binjai Estate Community Health Center.

The results of the correlation test carried out using Spearman Rank Correlation, obtained a value of $r = 0.682$ with a strong relationship strength. Based on these results, it was concluded that there was a positive relationship between Menopause Knowledge and Readiness for Facing Menopause in Premenopausal Women in Sadeng Gunungpati Village. The positive direction of the correlation indicates one direction, which means that the higher the knowledge that premenopausal women have, the more prepared the respondent is to face menopause

There is no fixed formula for presenting the findings of a study. Therefore, we will first consider general guidelines and then focus on options for reporting descriptive statistics and the results of hypothesis tests.

Present your findings as concisely as possible while providing enough detail to justify your conclusions and enable the reader to understand exactly what you did in terms of data analysis and why. Figures and tables, detached from the main body of the manuscript, often allow for clear and concise presentation of findings.

5. DISCUSSION

The research results showed that as many as 55 people (76.4%) Respondents facing menopause in Sadeng Gunungpati Village are in the ready category. The highest score was found in question eight, namely that the respondent felt ready because he routinely participated in religious activities held inside or outside the housing complex. The lowest score is in question nine, namely in my opinion, menopause is part of a woman's life cycle so we should be grateful for it. ¹¹ The results of this research are strengthened by the results of research by Agustiawati & Sulistiyaningsih (2017) as many as 58 people (73.4%) of women faced menopause readiness in the ready category.

Readiness here is defined as a state in which the mother prepares herself to face menopause, both physically, psychologically and spiritually. A woman who is approaching menopause should always think positively that this condition is something natural. This period of change will be able to pass through well, without significant disruption, if the woman is able to adapt to the new conditions that arise.

Another factor that influences a person's readiness to face menopause is socio-economic conditions. A person's socio-economic condition will indirectly influence their readiness to face menopause. Good economic conditions make it easier for women to obtain supporting facilities and facilities, such as magazines, newspapers, health books, and so on, to obtain information and knowledge about menopause. Apart from that, a person's health condition can also affect psychological conditions, for example in people with chronic diseases. This condition can affect a woman's readiness before menopause, because there is a period of transition or changes.

Respondents' readiness to be in the ready category in this study can be caused by several factors, one of which is age. In this study there were 31 people (43.1%) aged 51-55 years. Another factor that can influence readiness to face menopause is education. Most of the respondents in this study had a high school education, namely 40 people (55.6%). The results of this study are supported by research (Misrina., 2021) which states that most premenopausal women have a high school education. According to researchers, readiness to face menopause is not only obtained from information and understanding from formal education but from other sources.

The respondent's job can also influence readiness to face menopause. The majority of respondents' jobs are mothers working as entrepreneurs. ¹⁶ This research is in line with research by Yulianti (2018) where working and non-working women have

different readiness to face menopause in Grambangan village, Tulangan district, Kab. Sidoarjo showed that non-working women experienced more symptoms of anxiety in facing menopause, non-working women experienced mild anxiety (36.20%) and working women did not experience anxiety (37.3%).

Bivariate Analysis

The Relationship between Knowledge and Readiness for Facing Menopause in Premenopausal Women in Sadeng Gunungpati Village

Based on the research results, it can be seen that 41 mothers (56.9%) who had good knowledge were ready to face menopause, and 6 respondents (8.3%) mothers who had low knowledge were not ready to face menopause. The statistical test results obtained a p value of 0.000, meaning the p value < 0.05 , so H_0 is rejected and it can be concluded that there is a significant relationship between pre-menopausal maternal knowledge and readiness to face the menopause.

The results of the Spearman Rank correlation test, obtained a value of $r = 0.682$, shows the strength of a strong relationship in a positive direction, where the better the knowledge premenopausal women have, the better prepared the respondents are to face menopause. On the other hand, the lower the knowledge the respondent has, the more unprepared the respondent is to face menopause.

The results of this study show that there is a relationship between the level of knowledge about menopause and readiness to face menopause in premenopausal mothers because in this study the results showed that the majority of respondents had high knowledge and were ready to face menopause. Knowledge will form beliefs and will provide a basis for further development and determine attitudes towards certain objects. Extensive knowledge causes a person to be more prepared and mature in dealing with all problems that occur well. (Asifah et al., 2021) stated that sufficient knowledge will help women understand and prepare themselves to face menopause better. (Sitio, 2018) also believes that women who understand about menopause are expected to be able to make preventive efforts as early as possible to be ready to enter menopause without having to experience serious complaints.

Women approaching menopause will experience a decline in various bodily functions, which will have an impact on discomfort in living their lives. For this reason, it is important for a woman to always think positively that this condition is something natural, just like complaints that arise in other phases of her life. Of course,

this positive attitude can emerge if it is balanced with sufficient information or knowledge, so that mothers are better prepared physically, mentally and spiritually.

That readiness is not only influenced by knowledge, a person's age also influences the readiness of premenopausal mothers to face menopause. A person's age is related to increasing experience, where this experience will increase a person's knowledge and maturity in dealing with problems that occur in life. In this study, although the ages of the respondents are almost the same, the experience and knowledge of each individual is different. As a person gets older, their experience will increase so they will be better prepared to face menopause (Notoadmojo, 2016).

In several studies, it is stated that economic status and experience can influence knowledge factors. Thus, the researchers concluded that not only knowledge factors were influential, but economic status, age and experience also influenced menopause readiness

6. CONCLUSION

The conclusions in this research are explained as follows:

1. The largest number of respondents were women with an age range of 51–55 years, 31 people (43.1%). The majority of respondents' education was high school, 40 people (55.6%) and the majority of respondents' occupations were 22 respondents (30.6%).
2. The majority of respondents have a good level of knowledge 41 respondents (56.9%) and 7 respondents (9.7%) who had a low level of knowledge.
3. The level of readiness to face menopause in pre-menopausal mothers is based on the demographic characteristics of mothers at the Binjai Estate Community Health Center, including ages 51-55 years, working as entrepreneurs, and at least high school education.
4. There is a relationship between knowledge of menopause and readiness to face menopause in premenopausal mothers with a strong level of equality.

Suggestion

For Respondents

Expected increase readiness in facing menopause. The readiness that mothers still need to improve is physical readiness, where the older they get, the physically weaker they will be, so mothers need to increase their physical readiness by getting

enough rest.

For Educational Institutions

It is hoped that the results of this research will become input and reference material in the library, especially for DIII students at the Kharisma Husada Binjai Midwifery Academy regarding The relationship between mothers' level of knowledge about menopause and their readiness to face menopause at the Binjai Estate Community Health Center in 2024

For Writers

Increase insight and knowledge about increased knowledge of menopause mothers regarding their own readiness to face menopause as well as being a valuable opportunity for researchers to be able to apply the knowledge of research methods they have encountered during their education.

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