

# THE RELATION BETWEEN KNOWLEDGE OF OLD AGE WOMAN WITH LEVEL OF ANXIETY PERIODE OF MENOPAUSE IN PANTI JOMPO YAYASAN NURUL JANNAH WERDHA

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**Abstract:** The Period of menopause represent one of the period to feeling concerned about woman in her life cycle, this matter is caused by dread of change will that happened when entering a period of menopause. In this period will happened change of physical and psychological. That is needed a knowledge which enough to be more recognizing and can handle changes that happened. Target of this research is to know relation between knowledge of old age woman with level of anxiety period of monepause in Panti Jompo Yayasan Nurul Jannah Werdha. This research use analytic survey with transversal surgical operation (sectional cross). Research sampel amount to 37 responder people representing old age woman. Measuring instrument that used is kuesioner that is kuesioner mount anxiety a period of menopause and kuesioner knowledge of old age woman about menopause. Data analysis use Test of Chi-Square with meaning level of  $\alpha = 0,05$ . Result of research is descipted that knowledgeable responder less is owning of heavy anxiety counted 47,1% (8 responder people), knowledgeable responder enough have heavy anxiety counted 83,3% (5 responder people), and knowledgeable responder of goodness have heavy anxiety counted 50,0% (7 responder people). While statistical test by using test of Chi-Square obtained by value of p value 0,614 meaning bigger than  $\alpha = 0,05$ . This matter show there is no relation having a meaning between knowledge of old age woman with anxiety at a period of menopause in Panti Jompo Yayasan Nurul Jannah Werdha.

**Keyword** : Knowledge, Anxiety, Menopause, Woman Old Age

## PENDAHULUAN

Menopause is a worrying period for women in their life cycle. This is due to anxiety about the changes that occur when entering menopause.

Menopause is a symptom in a woman's life which is marked by the cessation of the menstrual cycle. Menopause is a natural phase in every woman's life that marks the end of the fertile period. Menopause occurs because the ovaries do not produce or do not produce the hormone estrogen. (1)

Menopause is known as the cessation of menstruation, which is caused by the loss of activity of the ovarian follicles. Natural menopause occurs at the end of the menstrual period and for at least 12 months there is no menstruation (amenorrhea), and is not caused by anything pathological. This is because the formation of the hormones estrogen and progesterone from a woman's ovaries decreases, the ovaries stop releasing eggs so that menstrual activity decreases and eventually stops altogether. (2)

According to the World Health Organization (WHO), in 2000, the total population of women experiencing menopause throughout the world reached 645 million people, in 2010 it reached 894 million people or it is estimated that in 2030 the number of women in the world entering menopause will reach 1.2 billion women will be over 50 years of age and that figure is three times the 1990 census figure for the number of menopausal women. (3)

Menopausal syndrome affects many women almost all over the world. Cases of menopause syndrome are found in around 70-80% of European women, 60% of women in America, 57% of women in Malaysia, 18% of women in China, 10% of women in Japan and Indonesia. One form of menopause syndrome experienced is anxiety. (4)

Indonesian women enter menopause as much as 7.4% of the total population, which occurs when they are 48-52 years old. The number who have entered menopause each year. In 2010 it rose to 6 million people and will continue to rise by around 14% or around 30 million people in 2015. It is estimated that in 2020 the number of women entering menopause will increase to 30.0 million people or 11.5% of the total population. (5)

According to Rinkesdas, women's life expectancy is longer than men's life expectancy. In 1995, life expectancy for women was 66 years, while life expectancy for men was 62.9 years. Meanwhile, in 2005, life expectancy for women was 68.2 years and life expectancy for men was 64.3

years. It is estimated that in 2010 the life expectancy of women will reach 70 years. Even though the life expectancy of women is higher than the life expectancy of men, the reality is that the biological process of aging in women occurs more quickly than in men. This fact is caused by the burden of the female reproductive process being more complex. (6)

Every year more and more women enter menopause, in 2011 around 69.65% of women in North Sumatra province entered menopause. In 2012 this figure increased to 69.81% and in 2013 it increased again to 69.90%. This figure represents a significant increase in the life expectancy of women from the total population of North Sumatra. (7)

Elderly women or menopausal women often experience anxiety, both acute and chronic (chronic), which is the main component of all psychiatric disorders. Clinically, anxiety symptoms are divided into several groups, namely: anxiety disorders, generalized anxiety disorders (GAD), panic disorders, phobic disorders (phobic disorders), and obsessive-compulsive disorders (obsessions). (8)

It is estimated that the number of those suffering from this anxiety disorder, both acute and chronic, reaches 5% of the population with a ratio between women and men of 2 to 1 and it is estimated that between 2%-4% of the population at some point in their lives have experienced anxiety disorders. Not everyone who experiences psychosocial stressors will suffer from anxiety disorders, this depends on their personality structure. People with anxious personalities are more vulnerable to suffering from anxiety disorders, or in other words, people with anxious personalities have a greater risk of suffering from anxiety disorders than people who do not have anxious personalities. (8)

Based on the results of an initial survey conducted by the researcher at the Nurul Jannah Werdha Foundation, Medan, the researcher conducted interviews with 10 menopausal women and 7 of them did not know about menopause and the signs and symptoms of menopause such as difficulty sleeping, night sweats, increased urination, increased weight gain, reduced memory, anxiety, stress, and irritability while the other 3 people know about menopause.

## **KERANGKA TEORI**

### **1. Definition of Anxiety Levels During Menopause**

Anxiety is a form of feeling worried, restless and other unpleasant feelings. Usually these feelings are accompanied by a lack of self-confidence, feeling inferior and unable to face a problem. (4)

Anxiety is an unpleasant subjective experience in the form of tension, restlessness, depression accompanied by physiological symptoms, for example headache, low back pain, shortness of breath, stomach ache and nausea. (12)

## 2. Definition of Menopause

Menopause is a word that has many meanings or meanings consisting of the words men and pauseis which come from Greek which are used to describe the cessation of menstruation or menstruation. This is the end of the biological process of the menstrual cycle due to hormonal changes, namely a decrease in the production of the hormone estrogen produced by the ovaries. (6)

Menopause is a gift, this condition is a very natural and normal aging process for every woman. Menopause is not a medical problem and is not a disease or disorder. Menopause occurs at the end of the last menstrual cycle, but confirmation can only be obtained if a woman has not had a menstrual cycle for at least 12 months. (2)

## METODE PENELITIAN

This research design is an anaclitic survey, namely an anaclitic survey that tries to explore how and why phenomena occur. Where the aim is to study the relationship between independent variables and related variables (dependent). In this researcher, the relationship between knowledge of elderly women as an independent variable and level of anxiety during menopause as a related variable. Calculation of causal factors (independent) and effect factors (dependent) is carried out together. This type of research is research that uses cross sectional research, namely research to study the dynamics of the correlation between risk factors and effects, by means of approach, observation or data collection. This means that all research objects are observed at the same time. (26)

This research was conducted at the Nurul Jannah Werdha Foundation Nursing Home, Medan.

Population is a generalized area consisting of objects/subjects that have certain qualities and characteristics determined by the researcher to be studied and conclusions drawn. (27) The population in this study were all 37 women who were elderly or menopausal in the Nurul Jannah Werdha Foundation Nursing Home. The sample is part of the number and characteristics of the population. (27) Sampling in this research was carried out with the total population, that is, 37 people will be sampled from the entire population, because each population has the same opportunity to become a sample.

## HASIL PENELITIAN

After conducting research regarding the relationship between knowledge of elderly women and the level of anxiety in menopausal women at the Nurul Jannah Werdha Foundation nursing home, the discussion of the results obtained is as follows:

### a. Age factor

Based on table 4.1, it can be seen that of the 40 respondents, the majority of respondents were aged 60-73 years as much as 62.2% (23 respondents) while respondents aged 74-88 years were 37.8% (14 people). This is in accordance with the definition of an elderly person as someone aged 60 years and over. As a person ages, they will experience changes in physical and psychological (mental) aspects.

### b. Educational Factors

Furthermore, in terms of education, it can be seen in table 4.2 that the majority of respondents did not attend school, namely 43.2% (16 people), 32.4% of respondents with elementary school/equivalent education, 21 respondents with junior high school/equivalent education, 6% (8 people) and respondents with high school/equivalent 2.7% (1 person). Based on theory, the higher a person's education, the easier it is for them to receive information and ultimately the more knowledge they will have. On the other hand, if someone has a low level of education, it will hinder the development of that person's attitude towards accepting newly introduced information and values.

### c. Job Factors

Meanwhile, in terms of employment, all 37 respondents were residents of the Nurul Jannah Werdha Foundation Nursing Home and they were elderly women who no longer worked.

### d. The Relationship Between Knowledge of Older Women and Levels of Anxiety During Menopause

The results of this research show that in the Nurul Jannah Werdha Foundation Nursing Home, some knowledgeable respondents had less severe anxiety as much as 47.1% (8 respondents), respondents with sufficient knowledge had severe anxiety as much as 83.3% (5 respondents), while respondents with good knowledge had severe anxiety as much as 50.0% (7 respondents). The Chi-Square test results obtained p value > a 0.05

(0.614 > 0.05) so  $H_0$  was accepted. This can be interpreted that there is no significant relationship between the knowledge of elderly women and the level of anxiety during menopause at the Nurul Jannah Werdha Foundation Nursing Home.

## KESIMPULAN

Based on the results of a research survey conducted with the research title "The Relationship between Knowledge of Older Women and Levels of Anxiety During the Menopause Period at the Nurul Jannah Werdha Foundation Nursing Home" it can be concluded that:

1. 45.9% (17 people) of elderly women at the Nurul Jannah Werdha Foundation Nursing Home have poor knowledge about menopause while 37.8% (14 people) have good knowledge and 16.2% (6 people) have enough knowledge.
2. Of the 37 respondents, 54.1% (20 people) had severe anxiety, 18.9% (7 people) had moderate anxiety, 16.2% (6 people) had mild anxiety, 8.1% (3 people) had very severe anxiety and 2.7% (1 person) had no anxiety.
3. The results of the Chi-Square test obtained a p value of  $0.614 > \alpha = 0.05$  so that  $H_0$  was accepted. This means that there is no relationship between the knowledge of elderly women and their level of anxiety during menopause.

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