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## Science Midwifery

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# Anxiety Levels In Menopausal Women

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### ARTICLE INFO

**Article history:**

Received Sept 01, 2022

Revised Sept 30, 2022

Accepted Oct 05, 2022

**Keywords:**Anxiety level  
Menopausal women

### ABSTRACT

Menopausal women experience physiological and psychological changes. The effects of these symptoms are headaches, hair loss, muscle pain, vaginal dryness, insomnia, weight gain, anxiety, irritability, difficulty concentrating, nervousness, feeling worthless, stress, and even depression. Objective: to determine the level of anxiety about menopause in Benteng Ciamis Village. Methods: The study used a descriptive method by filling out a questionnaire. Results: It was found that of the 30 respondents in the category of severe anxiety, 23 respondents (76.7%). Economic factors, knowledge and lack of recreation are the biggest contributing factors to anxiety in mothers facing menopause. Suggestion: support is needed, especially from the husband so that the anxiety experienced by the mother can be overcome.

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## INTRODUCTION

One of the stages of life that must be experienced by every woman is menopause (Wulan Sari, Yunitasari, & Hediya Putri, 2020). In Indonesia, in general, most women begin to enter menopause at the age of 49-52 years. Referring to the research results, the life expectancy of Indonesian women has increased to an average of 69 years. So about 20-30 years or a third of her life, women are in a state of menopause. According to WHO data, the number of postmenopausal women in Asia in 2025 is expected to jump from 107 million and increase to 373 million (Enggune, Purba, & Kakumboti, 2019). The proportion of women aged 30-49 years who are menopausal increases with increasing age, from 4 percent in women aged 30-34 years, to 10 percent in women aged 44-45 years; and 41 percent in women aged 48-49 years. Menopause is the end of the menstrual cycle which is diagnosed after 12 months without menstrual periods (Meilan & Huda, 2022).

Women who experience menopause become someone who is easily anxious. As a result of frequent worries that haunt them in dealing with situations that they had never previously worried about, it can also cause anxiety (Tang et al., 2019). The effects of menopause that often occur in society include anxiety, fear, irritability, decreased memory, difficulty concentrating, nervousness, feeling useless, irritable, stress and even depression (Zhou et al., 2021) (Septiani & Muslihati, 2019). Basically, emotional disturbances (fear, anxiety, stress) experienced are determined by how a person evaluates the events they experience. The myths that develop in society can also increase anxiety. Someone

who is experiencing menopause will grow old, besides that, women who are very worried about menopause are most likely due to lack of objective information about everything related to menopause information, especially for women who have not experienced menopause (Sumandar, Yesi Septina Wati, 2020).

When a woman has entered the menopause stage, the levels of estrogen and progesterone gradually fall, which affects other hormones. This condition often causes many women to experience a number of clinical and psychological symptoms that interfere with daily activities and have a negative impact on quality of life and self-confidence (Arsy, Cory, Ayu, & Sri, 2018). There are several things that are closely related to anxiety in women in this phase such as knowledge about how and the characteristics of menopause, physical changes that interfere with their minds, and family support in dealing with menopause (Kundre & Hamel, 2019).

Researchers are interested in conducting research in Benteng Village because of the results of a preliminary survey on menopausal women in RW 3 Cimandala neighborhood, Benteng Village, the results said they were worried about changes in body condition during menopause, experienced joint disorders, and worried because menstruation had not come again. The background that wants to be seen is to know the level of anxiety in women who experience menopause. The urgency of this research has an impact on anxiety that is not handled it will cause depression and affect its relationship with husband and social environment. In addition, it is important to know the level of anxiety during menopause to get a solution in dealing with anxiety that is experienced so as to improve the quality of life, especially in women who experience menopause.

## METHOD

Descriptive research method with a cross sectional approach. Sampling method with total sampling technique. The research instrument used a questionnaire that had previously been tested for validity. The single variable in this study is the level of anxiety in menopausal women. The population in this study were women who had experienced menopause in the Benteng Ciamis Village. The inclusion criteria were women who had experienced menopause in Benteng Ciamis Village and were willing to be respondents. Meanwhile, the exclusion criteria were those who were not present at the time of the study.

Data collection techniques used primary and secondary data by conducting a preliminary study through interviews. The research instrument to see the level of anxiety in women who experience menopause uses the TMAS (Taylor Manifest Anxiety Scale) questionnaire assessment. In the TMAS there are three categories of anxiety, namely mild if the score is less than 20, moderate if the score is 20-25, and severe if more than 25. The questionnaire uses the standard TMAS so that no validity or reliability tests are carried out.

## RESULT AND DISCUSSION

**Table 1.** Frequency Distribution of Respondents Characteristics

Variabel	Frekuensi (F)	Persentase (%)
<b>Age</b>		
Middle age	6	20.0
Elderly	24	80.0
Old Age	0	0
<b>Education</b>		
Primary School	20	66.7
Secondary School	6	20.0
High School	4	13.3
<b>Profession</b>		
Housewife	30	100
<b>Marital Status</b>		
Married	22	73.3
Widow	8	26.7
<b>Income</b>		
Above average	0	0
Below average	30	100

**Table 2.** Frequency Distribution of anxiety level in women with menopause

Anxiety Level	Frequency (respondent)	Percentage (%)
Light anxiety	0	0
Moderate anxiety	7	23.3
Heavy anxiety	23	76.7
<b>Quantity</b>	<b>30</b>	<b>100</b>

**Table 1.** It can be seen that the age of mothers who experience menopause is highest in middle age, which is around 80%. The average education in low education is elementary school with a frequency of 66.7%. All respondents are housewives with the highest status being married, 73.3%. Meanwhile, for the first menstruation, the average age is 10-15% with a frequency of 53.3%, and the last menstruation is in the age range of 45-55% with a frequency of 93.3%.

Anxiety is a person's emotional turmoil related to something outside himself and the self-mechanism used in overcoming problems. Anxiety will come into the age of 50 years in menopausal women. Menopause is the last menstruation in women which is often interpreted as the end of a woman's reproductive function. Although menopause is a normal thing, it is not uncommon for a woman to be afraid to face menopause (Septiani & Muslihati, 2019).

**Table 2.** It was found that the frequency of the highest level of anxiety in women facing menopause was in severe anxiety at 76.7%. The results of the questionnaire showed that women with high anxiety showed symptoms of difficulty concentrating, often had unpleasant dreams, experienced digestive difficulties, tired easily and lacked confidence. This is in line with Widyantari, Wijaya, & Susila (2019) who said that the menopause phase experienced several affective, cognitive and somatic symptoms. Changes that often occur at the time of menopause are physical changes, ranging from hair, eyes, skin to other physical organs (Tang et al., 2019). Targeted physical organs such as problems in the breast and vagina, as well as a burning feeling that radiates in the body (hot flashes). Not only physical changes that occur at menopause, psychological changes also appear at this time. The problems that arise from these psychological changes cause anxiety in most women (Wulan Sari et al., 2020).

The data shows that most menopausal women in Benteng Village experience severe anxiety, supported by the results of Putu, Yuliastuti, & Widiarta (2022) research which says that economic factors and the respondent's lack of knowledge about menopause will be the triggering factors for anxiety. Reinforced by the education of the respondents where the average result is in low education, namely elementary school. The

results of the interview showed that the average respondent did not know the menopause phase, signs and symptoms and the factors that influence it. In addition, economic factors will be one of the main keys to access to health services. The average income earned by respondents is below the average. The researcher's assumption is that the factors that most influence anxiety in menopausal women are knowledge and economics. The results of the interview also found that the mother felt insecure due to the age factor which was approaching dusk so that physical and reproductive functions were disrupted. This decrease causes low confidence and increases anxiety levels. So according to Astikasari et al., (2019), family support, especially husbands, greatly influences the anxiety experienced by menopausal women.

## CONCLUSION

It was found that from 30 respondents in the category of severe anxiety, 23 respondents (76.7%). Economic factors, knowledge and lack of recreation are the biggest contributing factors to anxiety in mothers facing menopause. Support is needed, especially the family so that the anxiety experienced by mothers with menopause can be resolved.

## ACKNOWLEDGEMENTS

The researcher expresses gratitude to Allah Subhanahu Wa Ta'ala, because with the facilities provided so that this research can run smoothly. This research can be carried out well with full funding from STIKes Muhammadiyah Ciamis. As well as support from (1) Head of STIKes Muhammadiyah Ciamis (2) Head of LPPM STIKes Muhammadiyah Ciamis (2) Head of Nursing S1 Study Program (3) Village Head of Benteng Ciamis Village. May Allah Subhanahu Wa Ta'ala reward you with the good you deserve.

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