



## **Utilization of Pocket Books as Premenopausal Mother's Education on Anxiety Facing Menopause**

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### **ABSTRACT**

*The first phase of a woman's natural experience before menopause is called premenopause. Decreased estrogen levels affect the physical and psychological changes of menopausal women, and trigger anxiety. This study uses the pre-experiment method through the one group pretest-posttest designs approach. The sample was taken by purposive sampling with a total of 33 respondents. The independent variables of this study were pocket book education, the dependent variables of knowledge and anxiety. Data collection used a knowledge questionnaire and a zung self-rating anxiety scale (ZSAS). To analyze whether there is an effect, a test with a wilcoxon signed rank test with a p value of <0.05 is used. The results of the study were found to increase knowledge and reduce the level of anxiety of premenopausal mothers after education using pocket books. After the test was carried out, the results of the influence of pocket book education on knowledge and anxiety facing menopause with a p value of  $0.000 < \alpha 0.05$  were obtained. It can be concluded that there is an influence of pocket book education on premenopausal knowledge and anxiety facing menopause. So it is recommended that premenopausal mothers make the best use of insights about menopause.*

**Keywords : Education, Pocket Book, Premenopause**

## INTRODUCTION

The 12-month menstrual cycle that stops since the last menstruation in the absence of a cause is called menopause. (Rangkuti & S, 2021) The first phase that women must experience before menopause is called premenopause. (Sitanggang et al., 2023) The premenopausal period or transition period to menopause lasts for 2-5 years. Decreased estrogen levels during menopause affect the physical and psychological changes of menopausal women, and can trigger feelings of anxiety (Srimiyati et al., 2020).

The World Health Organization (WHO) states that the global population of menopausal women continues to grow. In 2025 the number of menopausal women in Asia will increase from 107,000,000 to 373,000,00 (WHO, 2022). Based on data from the Ministry of Health of the Republic of Indonesia, the number of premenopausal women aged 40-44 years is 9,824,929. While the age of menopause from 45-49 years is 8,966,079 people and from 50-54 years is 7,932,366. According to statistical data in East Java, the population aged >45 years has entered menopause. This occurred in 2020 and occurred in 4,073,730 people. In Surabaya, it occurred around 279,613 people in 2020 (Yulizawati & Yulika, 2022).

Research from the University of Pittsburg O'hara states that 48.9% of women suffer from stress because they have not been prepared for peri- menopause, 20.9% in pre-menopause, and 30.2% in post-menopause. In Indonesia alone, the number of symptoms of premenopausal syndrome shows a decrease in libido of 64%, anxiety/depression with psychological disorders of 69% (Yulizawati & Yulika, 2022)

A total of 80.9% of pre-menopausal people worldwide do not know about pre-menopause. Knowledge is the most important domain in influencing behavior. Women who know about premenopause understand more and have good confidence to overcome problems when a change occurs. And if you don't know about premenopause, someone can become less prepared and not confident to go through premenopause, which has an impact on anxiety to stress (Setiawan et al., 2020). The anxiety experienced occurs because someone does not know the changes in menopause, the feeling of anxiety also arises because it has never happened before (Widyantari et al., 2019). Premenopausal education is very important to increase awareness and knowledge about menopause. Knowledge can form certain beliefs that can change a

person's behavior. If someone does not have good knowledge about menopause, it is feared that they will not be able to go through this period well, and can cause excessive worry, causing sleep disturbances, emotional disorders, physical disorders and mental disorders that can cause depression in a person.(Sri, A, 2023) Women who know about premenopause understand more and have good confidence to overcome problems when a change occurs.

Increasing knowledge is one of the responsibilities of health workers, there are several ways that can be given in increasing a person's understanding and knowledge, namely counseling and educating someone (Wardiyah et al., 2019). One way to prepare women to prepare for their premenopausal period is to provide education with a pocket book as a medium that can change the cognitive of premenopausal women (Setiawan et al., 2020). This pocket book was chosen because it can contain more detailed information and messages than other media (Wardiyah et al., 2019).

The results of research from Srimiyati with the title "Health education using menopause booklet media on knowledge and anxiety of premenopausal women", it can be concluded that the level of premenopausal knowledge can affect

readiness and reduce anxiety in facing menopause.

Therefore, women who have knowledge of menopause can better understand, be better prepared and more confident in carrying out their menopause well. In addition, a good and precise understanding and information about menopause is very important to undergo menopause better (Hanum, 2018).

From the preliminary study in December 2023 in the Sidosermo Health Center area, there were 15 premenopausal women who checked their health with various complaints such as frequent mood swings, not having periods, feeling hot flashes, and getting tired easily. A total of 12 out of 15 women said they did not know about menopause and its symptoms and were anxious about the changes in themselves, then 3 out of 15 women said they knew about menopause and its symptoms but still felt anxious about the changes they were experiencing.

From the description above, the authors are interested in researching this with the title "Utilization of Pocket Books as Premenopausal Mother's Education on Anxiety Facing Menopause."

## **METHOD**

This study used Pre Experimental Design with a one group pretest-posttest designs

approach. This research was conducted from November 2023 - April 2024 located at Sidosermo Health Center, Surabaya City. The study population was all premenopausal women at Sidosermo Health Center totaling 50 people and the sample size was 33 premenopausal women selected using Purposive Sampling

according to the inclusion and exclusion criteria using the Slovin formula. The independent variable of this study is the pocket book and the dependent variable of this study is knowledge and anxiety. Data collection using a questionnaire. Calculations were carried out with SPSS For windows software using data analysis, namely normality test, and Wilcoxon Signed Rank Tes

## RESULTS AND DISCUSSIONS

### Result

#### Respondent Characteristics

Respondents of this study amounted to 33 premenopausal women, with the characteristics of respondents presented as follows :

**Table 1 Frequency Distribution of Respondent Characteristics**

| Distribution of Respondent Characteristics |                           | Frequency<br>(n = 33) | Presentase<br>(%) |
|--------------------------------------------|---------------------------|-----------------------|-------------------|
| Age                                        | 40-45 Year                | 21                    | 54,6              |
|                                            | 46-50 Year                | 12                    | 36,3              |
| <b>Total</b>                               |                           | <b>33</b>             | <b>100</b>        |
| Work                                       | Housewives                | 17                    | 51,5              |
|                                            | Non State Civil Apparatus | 7                     | 21,2              |
|                                            | State Civil Apparatus     | 9                     | 27,2              |
| <b>Total</b>                               |                           | <b>33</b>             | <b>100</b>        |
| Education                                  | Elementary Scool (SD)     | 5                     | 15,1              |
|                                            | Junior High Scool (SMP)   | 5                     | 15,1              |
|                                            | Senior High Scool (SMA)   | 15                    | 45,5              |
|                                            | Academy/university        | 8                     | 24,2              |
| <b>Total</b>                               |                           | <b>33</b>             | <b>100</b>        |

Source : Primary Data (2024)

Table 1 shows the frequency distribution of respondent characteristics as many as 33 research respondents, (54.6%) aged 40-45 years, with housewives (51.5%), and the latest senior high school education (45.5%).

**Pre and post-education pocket book utilization on knowledge and anxiety level**

**Table 2 Frequency Distribution of Knowledge Before and After Education**

| Characteristic |        | Pre Test  |            | Post Test |            |
|----------------|--------|-----------|------------|-----------|------------|
|                |        | Frequency | Percentage | Frequency | Percentage |
|                |        | (n = 33)  | (%)        | (n = 33)  | (%)        |
| Knowledge      | Good   | 5         | 15,1       | 30        | 90,9       |
|                | Enough | 11        | 33,3       | 3         | 9,0        |
|                | Less   | 17        | 51,5       | 0         | 0          |
| Total          |        | 33        | 100        | 33        | 100        |

Source : Primary Data (2024)

From table 2 it was found that as many as (51.5%) respondents had poor knowledge before education. After being given education using a pocket book, it was found that there was an increase in good knowledge as much as (90.9%).

**Table 3 Frequency Distribution of Anxiety Before and After Education**

| Characteristics |          | Pre Test  |            | Post Test |            |
|-----------------|----------|-----------|------------|-----------|------------|
|                 |          | Frequency | Percentage | Frequency | Percentage |
|                 |          | (n = 33)  | (%)        | (n = 33)  | (%)        |
| Anxiety         | Normal   | 7         | 21,2       | 17        | 51,5       |
|                 | Mild     | 15        | 45,4       | 13        | 39,3       |
|                 | Moderate | 9         | 27,2       | 3         | 9,0        |
|                 | Servere  | 2         | 6,0        | 0         | 0          |
| Total           |          | 33        | 100        | 33        | 100        |

Source : Primary Data (2024)

Based on table 3 that (45.4%) of respondents experienced mild anxiety before education with pocket books. Then after education with pocket books, the

results showed that there was a decrease in anxiety as much as (51.5%) experiencing normal anxiety or not anxious.

**The Effect of Pocket Book Education on Premenopausal Knowledge and Anxiety in Facing Menopause**

**Table 4 Wilcoxon Pretest- Posttest Test Results**

| Characteristic         |        | Pre Test  |            | Post Test |            |
|------------------------|--------|-----------|------------|-----------|------------|
|                        |        | Frequency | Percentage | Frequency | Percentage |
|                        |        | (n = 33)  | (%)        | (n = 33)  | (%)        |
| Knowledge              | Good   | 5         | 15,1       | 30        | 90,90      |
|                        | Enough | 11        | 33,3       | 3         | 9,09       |
|                        | Less   | 17        | 51,5       | 0         | 0          |
| Total                  |        | 33        | 100        | 33        | 100        |
| Wilcoxon P-value 0,000 |        |           |            |           |            |

Source : Primary Data (2024)

| Characteristic         |          | Pre Test              |                   | Post Test             |                   |
|------------------------|----------|-----------------------|-------------------|-----------------------|-------------------|
|                        |          | Frequency<br>(n = 33) | Percentage<br>(%) | Frequency<br>(n = 33) | Percentage<br>(%) |
| Anxiety                | Normal   | 7                     | 21,2              | 17                    | 51,5              |
|                        | Mild     | 15                    | 45.4              | 13                    | 39,3              |
|                        | Moderate | 9                     | 27,2              | 3                     | 9,0               |
|                        | Servere  | 2                     | 6,0               | 0                     | 0                 |
| Total                  |          | 33                    | 100               | 33                    | 100               |
| Wilcoxon P-value 0,000 |          |                       |                   |                       |                   |

Source : Primary Data (2024)

From table 4 the results of data analysis using the Wilcoxon Test on knowledge and anxiety levels of menopausal women show a p-value of  $0.000 < \alpha 0.05$ . H1 is

accepted so that this pocket book education has an effect on the knowledge and anxiety of premenopausal women facing menopause.

### Discussion

Table 1 shows the frequency distribution of respondent characteristics based on age 40-45 years, there were (54.6%) 21 respondents, with IRT (51.5%) 17 respondents, and the last high school education (45.5%) 5 respondents.

The majority of respondents aged 40-45 years, this age is a fairly important phase for women, which at this age has begun to occur hormonal changes that cause menopausal symptoms. A good understanding of reproductive health at this age is very important to reduce anxiety and can increase knowledge about menopause.

Table 2 shows that before education, there were (15.1%) 5 respondents had good knowledge, (33.3%) 11 respondents had sufficient knowledge, and (51.5%) 17

respondents had poor knowledge. After being given education using a pocket book, the results showed that there was an increase in good knowledge as many as (90.9%) 20 respondents, (9.0%) 3 respondents had sufficient knowledge, and no respondents had poor knowledge.

Table 3 shows that before education was carried out there were as many as (21.2%) 7 respondents experiencing normal anxiety / not anxious, (45.4%) 15 respondents experienced mild anxiety, (27.2%) 9 respondents experienced moderate anxiety, (6.0%) 2 respondents experienced severe anxiety. Then after education with a pocket book, the results showed that there was a decrease in anxiety as much as (51.5%) 17 respondents did not experience anxiety / normal, (39.3%) 13 respondents experienced mild anxiety, (9.0%) 3

respondents experienced moderate anxiety, and no respondents experienced severe anxiety.

Differences in knowledge and anxiety occur due to factors that can affect a person's knowledge and anxiety such as age, education, occupation, and knowledge of each respondent itself which causes differences in knowledge and anxiety of a person.

In addition, changes that occur in the level of knowledge and anxiety are also strongly influenced by factors of attitude, behavior and understanding of the individual himself in capturing the education and information that has been conveyed, if someone understands, has a positive attitude and behavior in facing menopause, that person can go through menopause calmly without any disturbance or anxiety that he will experience.(Rangkuti & S, 2021)

This is in accordance with Yulizawati's opinion, that a person's knowledge and anxiety are influenced by age, occupation, education, economic level, social support, attitudes and knowledge. if individuals have sufficient understanding and attitudes, they can better prepare for menopause and can take precautions as early as possible without experiencing significant complaints.(Yulizawati & Yulika, 2022)

A person who sees problems from a positive direction can have a good effect on himself, if a problem is seen from a negative perspective, it can also have a negative effect on him, and have an impact on the actions he will take.(Yulizawati & Yulika, 2022)

Table 4, the results of data analysis using the Wilcoxon Test on knowledge and anxiety levels of menopausal women show a p-value of  $0.000 < \alpha 0.05$ . Thus H1 is accepted so that this pocket book education affects knowledge and can reduce maternal anxiety in facing menopause. These results are indicated by an increase in knowledge and a decrease in anxiety as measured using the pretest and posttest that has been given.

After education using a pocket book that as many as 33 respondents had good knowledge 30 people, with a normal or non-anxious anxiety level of 17 people,

This happens because mothers already know about menopause from the education that has been delivered, that menopause is a natural event and is a process towards aging where during this period there is definitely a decrease in the hormone estrogen and many physical and psychological changes occur in mothers, so that mothers must respond well and always think positively while facing menopause.

In accordance with the theory by Ertha that self-acceptance is good and being positive can improve the quality of life for the better. (Ertha Widorini et al., 2017) In line with research by Setiawan, that providing education is very important as a means of obtaining a source of information and understanding good knowledge so that it can change good behavior as well. Someone who has a lot of knowledge will be easier to receive information and have better knowledge.(Setiawan et al., 2020)

The changes that occurred were also influenced because the mother had been educated by reading the pocket book repeatedly for 3 consecutive days according to the recommendations that the researcher had directed. By reading frequently, it will increase information and increase one's knowledge.

This is related to research by Ayu Junita that education provided for 3 days and reading as often as possible can increase the level of knowledge, and this knowledge is expected to bring changes in one's health behavior. (Herdina et al., 2021)

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This is related to research by Ni Putu that someone who has sufficient knowledge is easier to understand and can prepare for menopause better. And if the woman is well prepared, she can minimize the symptoms of anxiety experienced (Putu et al., 2019).

Thus pocket book education is useful for increasing knowledge and reducing anxiety of premenopausal women in facing menopause, because the pocket book contains pictures and writings that have a brief explanation that is clear and concise so that it is easy to understand, this book is also small and minimalist, so this book is effective and practical to read anytime and carry anywhere.

## CONCLUSION

Based on the results of research conducted at the Sidosermo Health Center, Surabaya City, the following conclusions can be drawn:

Before education respondents have less knowledge and mild anxiety after education knowledge becomes good and not anxious. This pocket book can increase knowledge and reduce anxiety.

Health education using pocket books is useful for increasing knowledge and reducing the anxiety of premenopausal women facing menopause.

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