



Influence Exercise Aerobics Low Impact To Complaint Premenopause

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ABSTRACT

During the premenopausal period there is a sharp decrease in estrogen, an increase in gonadotropins hormones, and hormonal balance disorders which cause several complaints including hot flush, bone and joint disorders, anxiety disorders, insomnia, memory loss, depression, irregular menstruation. This study aims to assess the effect of low impact aerobic exercise on premenopausal complaints. This research is a Pre-Experiment with OneGroupPretest-Posttest Designs. The sample in this study was 39 premenopausal mothers taken using purposive sumpling technique. The independent variable is low impact aerobic exercise, and the dependent variable is premenopausal complaints. Data collection used the MRS questionnaire instrument. Data were analyzed using the Wilcoxon Signed Rank Test with $p < 0.05$. The results of the study showed that there was a decrease in premenopausal complaints after low impact aerobic exercise. From the results of the analysis using the Wilcoxon Signed Rank Test, it was concluded that there was an effect of low impact aerobics exercise on premenopausal complaints, which initially mostly had moderate complaints which changed to mild complaints. After the test was carried out, the results showed that there was an effect of low impact serobic exercise on premenopausal complaints with a p value of $0.000 < \alpha 0.05$.

Key Words: Premenopause, Low Impact Aerobic Exercise, Complaints

INTRODUCTION

Premenopause is during 4-5 year before happen menopause, premenopause Alone happen when Woman start enter age 40 – 50 year, However age the occurrence premenopause on each individual no The same (Hidayat, 2021) · On time This the occurrence decline estrogen Which sharp, increasing hormone gonadotropins, disturbance balance hormone (menstruation No regular, menstruation anovulatory (period without ovulation), there is stimulus estrogen Which cause symptom psychological like worried, Afraid old, Afraid No interesting, emotion unstable, fast angry, often sad, And difficult Sleep. Based on symptoms the some women Lots Which experience complaint, complaint remember, as well as depression.

According to Purwatyastuti in Lombogia (2014), the most frequent complaint of all the premenopausal women, namely 40% experience hot flashes, 38% experience insomnia, 37% experience more fast tired in Work, 35% said become more forgetful, 33% said they were easily offended, 26% said they experienced painful joints and 21% say often sick head excessive .

Premenopausal complaints of each woman are individual and not the same. Some

women can experiencing complaints that are mild, moderate, severe, or have no complaints at all. This is caused by the differences in characteristics that each woman has. These characteristics can in the form of education level, employment, income, lifestyle, environment or genetics (Juliana et et al., 2021).

Ways to overcome problems in premenopause include eating healthy foods, relaxing, sleeping enough, exercise regularly and undergo hormone therapy. Physical activity is an effective way For increase health And prevent disease on woman premenopause, However sadly not enough from half population woman aged 40 ± 60 year Which in a way regular actively participate in physical activity at a minimum level according to activity guidelines physical has been determined. an expression

Wrong One type sport Which recommended For woman premenopause is exercise aerobics. Aerobic gymnastics is an exercise that trains all muscles, especially large muscles, with movements. Which Keep going continuously, rhythmic, proceed, And prolonged (Rosita, P, et et al., 2020) · Exercise aerobics *low impact* is gymnastics that done with rhythm And intensity *low* (low) with slower movements, basic walking movements, and no jumping. This exercise is safe, so it

is recommended for those who cannot participate in *high impact aerobics*, with injuries lower extremities. *Low impact aerobics* is done for 30 minutes. The benefits of this exercise can reduce joint pain commonly experienced by the elderly, improve sleep quality, reduce complaint Mother premenopause, And reduce risk obesity (Sasnitary & Dear, 2018).

Based on research by Sasnitiari & Mulyati (2018), it can be concluded that there is effectiveness in gymnastics. aerobics low impact For lower anxiety woman menopause after he did low impact aerobic exercise intervention with a p value of $0.000 < 0.05$ which means there is an influence Which meaningful before exercise And after exercise aerobics. According to study Rosita (2020) after given exercise exercise aerobics *low impact* during 4 time meeting, complaint symptom premenopause is felt to be reduced and there is a decrease. (Rosita, P, et al., 2020) Conducting Regular aerobic exercise has many benefits, including: physical benefits (for example, increasing smooth circulation blood), psychological benefits (example the occurrence of a decline stress), and social benefits Which make someone more confident yourself and can expand network communication.

METHOD

Type study This is study quantitative *Pre-experiment design*. Study This using a one group *pretest-posttest design*, namely a design that does not use groups comparison (control), but at least the first observation (pretest) has been carried out which allows testing changes- changes that occur after existence experiment (program) (Jannah, 2016).

Respondents were given a pretest and posttest to see changes in complaints before and after. done gymnastics. This research has been conducted since the month of November 2023 – April 2024 located in Health Center Sidosermo Surabaya. Population in study This is Mother premenopause Which make a visit to the health center in 2 months, namely in October and November 2023 in Health Center Sidosermo as much as 65 person And amount sample as much as 30 person Which chosen using *Purposive Sampling* according to inclusion and exclusion criteria using the *Slovin formula*. Inclusion criteria that is aged 40-50 years, able to do physical activities such as gymnastics. Whereas e exclusion criteria namely having hearing impairment and communication impairment, suffering from sexually transmitted diseases, undergoing hormone therapy, using hormonal birth control, undergoing a

hysterectomy. The independent variable in the study is low impact aerobics and the dependent variable is premenopausal complaints. Data collection using the *Menopause Rating Scale (MRS)*

questionnaire. The calculation was carried out using *SPSS for Windows* software using data analysis, namely the test. normality, and *Wilcoxon Signed Rank Test*.

RESULTS AND DISCUSSION RESULTS

Characteristics Respondents

In study This amount to 39 person premenopause. Characteristics Respondentserved as following :

Table 1 Distribution Frequency Characteristics Mother Premenopause based on Age, Education, Job, in region Work Health Center Sidosermo

	Characteristics	Frequenc y	Percentage
Age	40-43	8	20.5
	44-47	14	35.8
	48-50	17	43.5
Education	Base	4	10.3
	Intermediate	2	5.1
	Tall	33	84.6
Work	Self-employed	10	25.6
	civil serv ant	15	38.5
	No Work	14	35.9
Total		39	100.0

Based on table 1, it is known that the number of respondents in this study was ranging in age from 40 to 50 years. Based on their education, most of them have background behind college tall 84.6%. Based on his job part bighavebackground civil servant 38.5%.

Complaint Premenopause

Table 2 Identification Respondent Complaints Before Exercise

Complaint	Pretest	
	n	%
No There is Complaint	7	17.9 %
Complaint Light	6	15.4 %
Complaint Currently	1 9	48.7 %
Complaint Heavy	7	17.9 %
Total	3 9	100%

Based on the table 4.2 known that majority Respondent on moment pretesthascomplaint currently reach 48.7%

Table 3 Identification Complaint Respondents After Exercise

Complaint	Post test	
	n	%
No There is Complaint	7	17.9 %
Complaint Light	2 5	64.1 %
Complaint Currently	7	17.9 %
Complaint Heavy	0	0.0%
Total	39	100%

Based on table 3, it is known that the majority of complaints changed during the post-test. light reach 64.1%

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Table 4 Results Test Wilcoxon *Pretest- Posttest*

Complaint	Pretest		Posttest	
	N	%	N	%
No There is Complaint	7	17.9	7	17.9
Complaint Light	6	15.4	2 5	64.1
Complaint Currently	19	48.7	7	17.9
Complaint Heavy	7	17.9	0	0.0
p-value			0.000	

Based on table 4, the p value is 0.000 for the Complaints variable. Premenopausal or less than <0.05 so it can be concluded that there is a difference significant Premenopausal Complaints between before and after *Low Impact Aerobic Gymnastics*. So that can it is said there is influence significant Exercise Aerobics *Low Impact* tocomplaint Premenopausal.

DISCUSSION

Based on the results of this study, it is known that there is an influence between *low-intensity aerobic exercise and low-intensity aerobic exercise. impact* on premenopausal complaints with a significance of 0.000. This statement is supported Based on the results of previous research by Sasnitiari & Mulyati (2018), there was an effectiveness of low-impact aerobics. *impact* to reduce women's anxiety menopause.

Premenopause is a normal phenomenon that every woman experiences and is characterized by symptoms early onset such as menstrual disorders 2-3 years before the final cessation of the cycle or premenopause. sweating Lots, Sick head And heart pounding), complaint psychic (quickly angry, depression, fatigue, loss of enthusiasm and sleep disturbances), somatic complaints (menstrual and vaginal disorders dry).

The results of the study showed that premenopausal symptoms decreased before low-intensity aerobic exercise. *impact* and after low impact aerobic exercise. This is in accordance with the theory because aerobic exercise Which done with Correct can increase fitness physical. Fitness can associated with a person's ability to perform daily tasks without significant fatigue and maintain

energy reserves for emergencies. Regular aerobic exercise can provide benefits between other: benefit physique (increase circulation), benefits psychological (reduce stress) And benefit social make somebody more believe self And capable increase his activities (Rosita, Mother Earth, et et al., 2020) . The results are in line with study Three Fatma (2022) Which explain that Premenopause is the premenopausal period or physiological condition in women who have reaching the aging process, marked by a decrease in the levels of ovarian estrogen hormones which plays a very important role in reproduction and sexuality. Problems caused by symptomspremenopausal called syndrome premenopausal, between other sweat night,vagina dry, is lost memory, difficult Sleep, nervous, easy tired, decline libido, painful during intercourse, and urinary incontinence. One form of exercise that is recommended is aerobic. There are three types of aerobic exercise, namely low impact, high impact and mixed impact. One of the benefits of low impact aerobic exercise is reducing complaints in premenopausal mothers.

Results the in line with study Harira (2023) Which explains that Anxiety is one of the emotional changes that occur during premenopause. Treatment for premenopausal mood symptoms include

medication and psychotherapy. Although psychotropic drugs are recommended drug and is a good choice for women who refuse therapy. hormones, long term use long must be careful. Choice others used for cope with symptoms of mood swings heart is approach non-pharmacological.

Approach non-pharmacological alternative Which has studied And proven useful in treatment disturbance mood during premenopause between other yoga And sport or sport intensity currently. Wrong One exercise physique with intensity currently is aerobics low impact. This exercise is safe for all ages. because it does not cause back injury and knees. Things This done Keep going continuously during 30 until 60 minute, with movement foot similar jump, However No as much as. Based on description in on seen that exercise aerobics low impact effective lower anxiety on woman premenopause Which proven with the decline level anxiety respondents. Anxiety reduce Because moment exercising body produce hormone endorphins Which is drug reliever painful experience And distributed to all over body so that anxiety even reduced. By Because That, can concluded that exercise aerobics low impact effective lower anxiety on woman (Harry et al., 2023)

CONCLUSION

Based on the results of research conducted at the Sidosermo Community Health Center in Surabaya and described in the discussion which was exposed in the previous chapter, then researchers who aim to reduce complaint premenopause this can provide conclusion that is exercise aerobics *low impact* effective to subtraction complaint on premenopause . Suggestions for further research are that this can hopefully be used as input or material comparison by multiplying amount sample And expand population along variables Which other.

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