

THE ANXIETY OF PERIMENOPAUSE WOMEN IN FACING MENOPAUSE

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ABSTRACT

Anxiety is an unclear feeling, uncertain, and but is not dangerous. In adults, anxiety is caused by things that threaten their self-concept. For example, women who are facing menopause, they may be anxious due to a decline in reproductive function, so they need social support to prevent anxiety. The purpose of this study was to determine the anxiety level of perimenopausal women in facing menopause. The research method used was descriptive research design with a sample of 105 people. The results showed that 36.19% of perimenopausal women experienced mild anxiety levels, 57.14% experienced moderate anxiety levels, 5.71% experienced severe anxiety levels, and 0.96% of perimenopausal women experienced severe panic anxiety levels. It can be concluded that there are women who experience anxiety in facing menopause. Family support, especially husbands, is needed to set daily food diets such as carbohydrates, reduce protein consumption, reduce consumption of fatty foods, high fiber, vitamin C, and calcium, and exercise to reduce complaints related to menopausal symptoms.

Keywords: Anxiety, Menopause, Perimenopause.

INTRODUCTION

Increasing human welfare affects life expectancy, including women, so the number of women experiencing menopause increases. Around 50 million women experience menopause every year. The number of women aged 50 years and over is estimated to increase from 500 million to more than 1 billion by 2030. In Asia, according to data from the World Health Organization (WHO), in 2025 the number of elderly women would increase from 107 million to 373 million (Kasdu, 2010). Climacteric, is a transitional period between the period of reproduction and the period of Senium. This period is also called premenopausal, women's ages around 40 years, characterized by irregular menstrual cycles, and relatively large menstrual bleeding. The menstrual pattern shows irregular individual variations, and shortening the menstrual cycle may be the earliest sign. Ovary progressively does not respond to gonadotropin stimulation, and the FSH

concentration has increased in the cycle follicular phase (Joseph and Nugroho, 2011).

Many women report psychological symptoms as a problem in the climacteric period. One of the symptoms is anxiety, for perimenopausal women and she works in a very stressful environment, it may cause difficulties. Personality, cultural factors, and attitudes toward menopause clearly affect the incidence of psychological symptoms in the climacteric period. Most of the aging processes in women occur in the menopause phase (Glasier and Gebbie, 2006). The purpose of this study was to determine the anxiety level of perimenopausal women in facing menopause.

METHODS

This research used a descriptive quantitative research design. The population in the study were perimenopausal women aged 40-55 years, located in the Danowudu Health Center, Bitung City, 105 women involved in this study. The sampling technique was the Saturated Sampling method. Respondents were explained about the purpose of the study, were asked to sign a letter of consent to become respondents, and fill out a questionnaire. Data collection was done using a questionnaire, the Hamilton Rating Scale for Anxiety (HRS-A) method. Respondents' answers were given codes, scores and categories became mild, moderate, severe and panic anxiety. Data were analyzed using percentages and presented in table form.

RESULTS

This section presents the study findings in table form and diagrams.

Table 1. The level of anxiety of perimenopause women

Levels of anxiety	F	%
Normal	-	-
Mild	38	36,18%
Moderate	60	57,14%
Severe	6	5,71%
Panic	1	0,96%
Total	105	100%

The results showed that there were 38 respondents (36.19%) who experienced mild anxiety, 60 respondents (57.14%) in the moderate level, 6 respondents (5.71%) who experienced severe anxiety, 1 respondent (0.96 %) with panic anxiety

The diagrams of the characteristic of respondents

a) Age

Diagram1. Respondents' ages

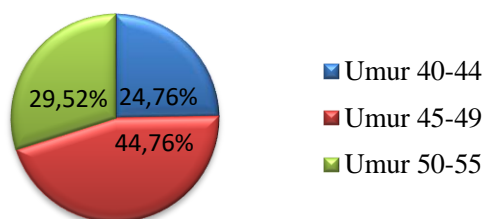
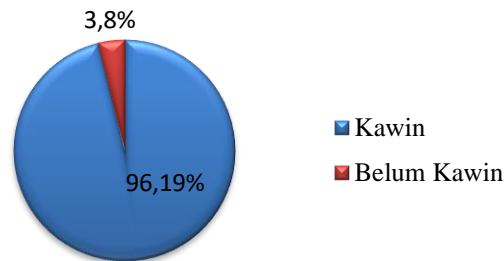


Diagram 1 shows that the majority respondents (44.76%) were 45-49 years (n=47)

b) Marriage status

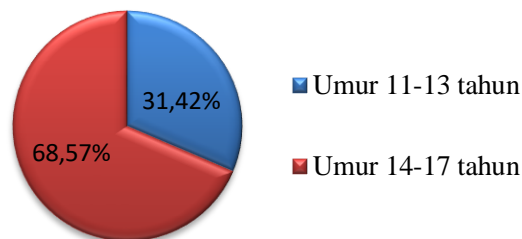
Diagram 2. Marriage status



The majority of respondents were married (96.19%), the rest of them were single (3.8%).

c) History of menarche

Diagram 3. History of menarche



The majority of women having their menarche at the age of 14-17 years 68.57%, while a little of them in 11-13 years (31.42%)

DISCUSSION

The results showed that the majority of respondents experienced mild anxiety, and there were few experiencing severe and panic anxiety. These findings are in line with research by Fitriana (2014) about the anxiety level of perimenopausal women in facing menopause in Kramat Hamlet, Trangsang District, Gatak Sukoharjo.

Tetti and Cecep (2015) stated that the majority of respondents experienced a mild level of anxiety of 16 respondents (42%). In contrast Dwi Septi Ambarwati's research found that most perimenopausal respondents experienced moderate anxiety levels (50%) . in Blekik Sardonoharjo Village Ngaglik Sleman district in 2015.

The results showed that the majority of perimenopausal women in the Danowudu PHC experienced moderate levels of anxiety. According to Glasier and Gebbie 2006, personality, cultural factors, and attitudes toward menopause affect the incidence of psychological symptoms during perimenopause. Most of the aging processes in women occur in the menopause phase (Glasier and Gebbie, 2006). The negative opinion about menopause included that menopause is the beginning of a decline in sexual organ function, become elderly, loss of feminine and sexual qualities, this thought might influence women's readiness to face menopause. The role of the family is very important to support women in the menopause phase. Women who are less informed about menopause cause a negative outlook of this period of life. Culture also influences the readiness of women to face menopause, for example, the Patriarchal culture that perceived menopause is associated with the inability of women to provide sexual satisfaction to men. Preparation is needed both physical and psychological during menopause is a natural thing for all women. The need for daily dietary arrangements such as carbohydrates, reduce protein consumption by up to 15% of the number of calories, reduce the consumption of fatty foods, high in fiber, vitamin C, and calcium. exercise to reduce symptoms arising from menopausal. Mild anxiety, anxiety associated with everyday tension, causing a person to

become alert, the results of the study showed 38 respondents (36.19%) experienced mild anxiety. Moderate anxiety, anxiety that focuses on issues that are important and overrides things that are not priorities, but still directed and selective. Based on the results of the study 60 respondents (57.14%) experienced moderate anxiety. Severe anxiety tends to focus on something detailed and specific, and cannot think of anything else, based on the results of the study 6 respondents (5.71%) experienced severe anxiety. Panic anxiety, the level of panic anxiety associated with shock, fear, and tremor due to loss of control, based on the results of the study 1 respondent (0.96%) who experienced panic anxiety.

CONCLUSION

The conclusion of this study is that the anxiety level of perimenopausal women facing menopause varies and most experience moderate anxiety. Preparing and having social support for perimenopausal women is very important to avoid anxiety.

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