

Levels of Menopause Women's Anxiety in Elderly Posyandu Junjung Buih Palangkaraya

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Abstract—The natural and normal aging process that occurs in every woman is called menopause. Where some menopausal women experience anxiety disorders that can interfere with their mind. The impact of anxiety in the face of menopause is stress, depression, and insomnia. This research was conducted to see how the level of anxiety in postmenopausal women in the elderly Posyandu Junjung Buih Palangkaraya. This study uses a descriptive research design that is research conducted with the main objective of making a picture of the situation objectively. In taking data using a cross-sectional time approach that is taking data collected at a certain time that can describe the situation in a certain time. The sample used in this study were all geriatri Posyandu members of menopausal women, amounting to 44 respondents. Anxiety in menopausal women is assessed using a questionnaire with closed questions, respondents choose alternative answers according to instructions, variations of answers have been determined and arranged in advance so that respondents have the freedom to choose answers, The results of the study note that the level of anxiety in menopausal women in Junjung Buih Palangkaraya is moderate. (45.5%).

Keywords—*High Anxiety, Menopausal Women, Elderly Posyandu*

I. INTRODUCTION

Menopause is a period of natural cessation of menstruation that usually occurs between the ages of 40-50 years (Lestary, 2010). Not many people also consider the arrival of menopause as the end of a pleasant period in life. Where the process is seen as a sign of aging and waning beauty. They are afraid because all of that is something that is old and not beautiful anymore. Besides that, along with the process of menopause is accompanied by uncomfortable symptoms (Lestary, 2010).

The cessation of the menstrual cycle is felt as a loss of initiative from her femininity because she is unable to give birth again. The resulting effect is the emergence of feelings of worthlessness, meaningless in life so that there is a sense of worry about the possibility of those he loves turning away and leaving. Feelings that are often felt by women during menopause, so often cause anxiety (Rebecca, 2007).

For menopausal women themselves, anxiety is a feeling that is often experienced by humans throughout their lives (Huesodo, 1988). Anxiety appears as a normal symptom, can also be a normal symptom, and symptoms that accompany mental disorders, can also appear as a syndrome called a process or anxiety (Salan, 1997).

Menopause is a transitional period in a woman's life where the ovaries or ovaries stop producing eggs, menstrual activity decreases and eventually stops which causes the formation of female hormones is reduced. This occurs in women who have entered the age of 45 years, where when approaching the long menopause and the amount of blood during menstruation tends to vary, not as usual. Menopause also causes several physical and psychological disorders, which are caused by increasing age and gradual reduction of the hormone estrogen, and these events can occur suddenly and cause severe symptoms, this has been described by (Medicatore, 2004).

Based on the results of preliminary studies conducted by the elderly who hold foam, the results of interviews with 7 postmenopausal women said that during menopause many things experienced changes such as anxiety, difficulty sleeping, and lack of confidence, and according to the elderly mother Posyandu chairperson. there has been no research on the problem of anxiety in postmenopausal women in the elderly who uphold foam, Based on this phenomenon researchers are interested in knowing how exactly the level of anxiety experienced by menopausal women in the elderly Posyandu Junjung Buih Palangkaraya.

II. RESEARCH METHODS

This type of research is descriptive that is research conducted with the main aim of making a picture of the situation objectively (Setiyadi, 2008). Retrieval of data using a cross-sectional approach is the collection of data collected at a certain time that can describe the situation in a certain time (Arikunto, 2010).

The research subjects used in this study were all members of the elderly Posyandu held by Palangkaraya froth.

Data collection techniques in this study is to choose respondents according to specified criteria. After that, the researcher gave an explanation on how to fill in and gave an approval sheet to become a respondent accompanied by distributing and filling in informed consent in accordance with the instructions specified on the same day, namely when the elderly posyandu schedule took place, filling in the questionnaire the researchers examined themselves on the elderly female posyandu members who were in Junjung Bu Palangkaraya by participating in the elderly Posyandu activities. Completion of the questionnaire after being filled in is returned at that time. To find out the age, education, marital

status and employment status by interviewing or looking at the National Identity Card.

The data taken is the age at the beginning of menopause and the age at menopause, and at the time of the visit a cross sectional study was carried out, with 20 questions and it was hoped that respondents could answer 10 of the 20 questions asked. To find out whether or not the instruments used in this study, the validity and reliability tests were conducted.

III. RESULTS AND DISCUSSION

As for the results of the study, there were 44 respondents who were menopausal women who were members of the elderly Posyandu in Palangkaraya froth. The age obtained varies from age 50-72 years as in the table below.

TABLE 1. AGE OF MENOPAUSAL WOMEN IN ELDERLY POSYANDU

Age	TOTAL RESPONDENTS	PERCENTAGE
50-59	20	45,5%
60-69	20	45,5%
70-79	4	9,0%
TOTAL	44	100%

The results of this study are supported by previous studies in Central Java where the results can be seen that more women experience menopause at the age of 50 years. In this study, the results of the study were obtained more optimally by conducting in-depth interviews with respondents.

TABLE 2. EDUCATION LEVEL OF MENOPAUSAL WOMEN IN POSYANDU FOR THE ELDERLY

Level Education	TOTAL RESPONDENTS	PERCENTAGE
SD	7	16%
SLTA	11	25%
SLTP	24	54,5%
S1	2	4,5
TOTAL	44	100%

The education level of respondents, namely elementary schools amounted to 16%, SLTP amounted to 54.5%, SLTA amounted to 25% and S1 amounted to 4.5%. With this level of education a woman's perception of menopause in which women who already know the process of menopause will prepare themselves as well as possible so that the situation in the household or relationship with her husband is not disturbed. It is not known exactly about the mechanism

by which education levels contribute directly to anxiety levels, but it can at least explain that if a person has an adequate level of education it will be easier to accept, understand and adopt concepts that have been heard, seen or read.

TABLE 3. ANXIETY LEVEL OF MENOPAUSAL WOMEN IN THE POSYANDU OF THE ELDERLY

CATEGORY	TOTAL RESPONDENTS	PERCENTAGE
HIGH	13	29,5%
MODERATE	20	45,5%
LOW	11	25%
TOTAL	44	100%

The results of the study revealed that the majority of respondents had a high level of anxiety totaling 13 respondents (29.5%), a moderate level of anxiety totaling 20 respondents (45.5%), a low level of anxiety totaling 11 respondents (25%). These results also indicate that low levels of education such as elementary school menopausal women can indicate a lack of knowledge about the meaning of menopause resulting in high levels of anxiety of menopausal women. Anxiety in menopausal women in the elderly Posyandu Junjung Buih.

Most experienced moderate anxiety. Whereas based on education that menopausal women in Junjung Buih are mostly with junior high school education and below, so they generally do not know about menopause, due to lack of knowledge. The results of this study are in agreement with research conducted by Karmedawati (2004), which states that the level of education about menopause can cause anxiety levels in menopausal mothers.

IV. CONCLUSION

From the results of the research that has been done, it can be concluded that The level of anxiety in menopausal women in the elderly Posyandu Junjung Buih Palangkaraya results in moderate anxiety levels amounting to 20 respondents (45.5%).

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