

The Relationship between Knowledge Level and Mother's Readiness for Menopause

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ABSTRACT

Introduction: Menopause is the permanent cessation of menstruation. Menopause is a normal life event, not a disease. This period is characterised by the cessation of menstruation as estrogen is not produced. This condition is a very ageing process in every woman. Women experiencing menopause need support from close people such as husbands, friends, and family. The readiness of mothers in facing menopause is influenced by several factors, such as education level, knowledge about menopause, socioeconomic factors that affect the body and health. **Objective:** To determine the relationship between knowledge and mothers' readiness to face menopause at Posyandu Sukasari Dahlia 2, Ciamis District. **Method:** This research is a study that uses quantitative methods, which wants to prove whether or not there is a relationship between the level of knowledge and the readiness of mothers in facing menopause at Posyandu Sukasari Dahlia 2, Ciamis District. The research was conducted in July 2023. This study included quantitative research using a cross-sectional analytic design. The population in this study were all mothers in Posyandu Sukasari Dahlia 2 Ciamis District. The population in this study amounted to 45 respondents, with total sampling technique. **Result:** The results showed that 40 respondents (88.9%) had sufficient knowledge, and the readiness of mothers to face menopause was 37 people (82.2%). **Conclusion:** Based on the research conducted, it can be concluded; the level of knowledge in the category is sufficient with a total of 40 respondents. Mother's readiness in facing menopause is categorised as ready, namely 37 respondents. There is no relationship between mother's readiness in facing menopause at Posyandu Sukasari Dahlia 2 Ciamis District with a p value = 0.083 (p < 0.05).

Keywords: knowledge level, mother's readiness, menopause

Introduction

Menopause is seen as a time of retirement, when a woman transitions from childbearing to old age. This phase is characterised by the cessation of menstruation as estrogen is no longer produced. According to WHO, the number of postmenopausal women in Asia is expected to increase from 107 million to 373 million by 2025. The Indonesian Ministry of Health estimates that by 2020, Indonesia's population will reach 262.6 million, with 30.3 million women experiencing menopause, with an average age of 49 years (Wardani, 2019).

The impact of health problems on menopausal women both physically and psychologically is one of them when women experience anxiety and fear when entering menopause. These changes can affect the state and emotions to make valid decisions. It will certainly affect one's quality of life (Wardani, 2019); (Sukmawati, Rahayu, & Noviati, 2022).

The most common physical discomforts are irregular menstrual cycles, excessive sweating, chest tightness, dizziness, decreased sex drive (libido), sleeplessness (insomnia), high blood pressure, fatigue, spinal pain, circulatory failure and obesity causing weight gain (fat storage). Psychological complaints experienced are feelings of anxiety, fear, irritability, lack of emotional control, difficulty concentrating, feelings of inadequacy, loneliness, fatigue, feelings of worthlessness and stress and even depression. Occurs 4-5 years before menopause (Meilan & Huda, 2022); (Sukmawati, Rahayu, & Marliany, 2022).

Some of the factors that influence the readiness of mothers to face menopause are the level of education and knowledge of mothers about menopause, socio-economic factors that affect the mother's body and health. Health, culture and environment greatly influence a woman's lifestyle to cope with a history of stopping menstruation which can affect her psychological state and age. The higher a woman's knowledge, the better prepared she will be for the menopause process (Nabban, 2022).

Women experiencing menopause need support from close people such as husbands, friends, and family. Peer support is social support that can offer comfort, attention, appreciation, or influence to help people develop attitudes that are acceptable from both individuals and groups (Asifah, 2021).

Based on the results of the preliminary study, some mothers answered that they did not know about knowledge about menopause. Based on the above, the researcher is interested in conducting research on "The Relationship between Knowledge Level and Mother's Readiness in Facing Menopause at Posyandu Sukasari Dahlia 2 Ciamis District".

Objective

The purpose of this study was to determine the relationship between knowledge and mother's readiness in facing menopause at Posyandu Sukasari Dahlia 2, Ciamis District.

Method

This research is a study that uses quantitative methods, which wants to prove whether or not there is a relationship between the level of knowledge and the readiness of mothers in facing menopause at Posyandu Sukasari Dahlia 2, Ciamis District. The research was conducted in July 2023. This study included quantitative research using a cross-sectional analytic design. The population in this study were all mothers in Posyandu Sukasari Dahlia 2 Ciamis District. The population in this study amounted to 45 respondents, with total sampling technique.

Data collection tools that will be carried out in this study are observation sheets including the results of questionnaires that will be filled in by the patient's family. In this study, validity and reliability tests were not carried out because the questionnaire sheet had already been used in research, and had been declared valid, reliable with the results in questionnaire 1 obtained Cronbach alpa 0.736, and in questionnaire 2 obtained Cronbach alpa 0.886. In bivariate analysis, data will be processed using a computer device with the Chi Square Test.

Result

Table 1 shows the characteristics of respondents based on the highest age category 45-55 years 45 people (100%), the highest category of education is low education 39 people (86.6%), the highest category of work is working 35 people (77.8%), the highest category on average has 2 children 19 people (42.2) and the highest category has family planning (97.8).

Table 1. Characteristics of Respondents

Respondent Characteristics	N	%
Years		
45-55	45	100
Education		
Low	39	86,6
Middle	6	13,3
Higher	0	0
Work		
Employed	35	77,8
Not working	10	22,2
Number of Children		
0	1	2,2
1	1	2,2
2	19	42,2
3	16	35,6
4	7	15,6
5	1	2,2
Family planning		
Yes	44	97,8
No	1	22,2

Table 2 shows that the highest level of knowledge is in the moderate category as many as 40 people (88.9%) while the lowest is in the poor knowledge category as many as 1 person (2.2%).

Table 2. Frequency Distribution of Knowledge Level

Knowledge Level	Frequency	Percentage
Good	4	8.9
Enough	40	88.9
Less	1	2.2
Total	45	100

Based on table 3 shows that the highest readiness of mothers in facing menopause is in the ready category as many as 37 people (82.2%).

Table. 3 Frequency Distribution of Mothers' Readiness to Face Menopause

Mothers' Readiness for Menopause	Frequency	Percentage
Ready	37	82.2
Not ready	8	17.8
Total	45	100

Based on table 4. shows that the highest level of knowledge is in the moderate category as many as 40 people (88.9%) while the lowest is in the category of less knowledge as many as 1 person (2.2%). Respondents with readiness to face menopause were 37 people (82.2%).

Table 4. Relationship between Knowledge Level and Mother's Readiness in Facing Menopause

Knowledge Level	Mothers' Readiness for Menopause				Total		P Value
	Ready		Not Ready		f	%	
	f	%	f	%			
Good	3	75	1	25	4	100	0.083
Enough	34	85	6	15	40	100	
Less	0	0	1	100	1	100	
Total	37		8		45		

Discussion

Based on table 1 shows that the highest category of knowledge level is the sufficient category with a total of 40 people (88.9). These results are in line with Kusumawati (2019), in this study the number of respondents with a sufficient level of knowledge was 53 people (53%). In accordance with the results of research by Seska anita *et all* (2023),, this study collected 105 respondents, obtained the results of the level of knowledge of respondents in the moderate category 44 people (44.8%). This may be due to the level of education of respondents, most of whom have primary school education (SD). The level of education can affect the level of knowledge. educated people often have less knowledge. Premenopausal women with little knowledge about menopause often pay more attention to changes that occur during menopause.

Table 3 shows that the highest readiness of mothers in facing menopause is in the ready category with 37 people. These results are in line with the research of Ulya & Andanawarih (2021), where 30 respondents (60%) stated that they were ready to face menopause. The results of this study indicate that maternal menopause preparation is influenced by the mother's scientific knowledge about menopause. The results of research by Seska anita *et all* (2023), based on the results of research that have been collected as many as 105 respondents, 98 people (93.3%) stated that they were ready to face menopause. The results showed that most premenopausal mothers in this study stated that they were ready to face menopause. Maternal readiness to face menopause can be related to maternal age, education, and socioeconomic factors. Supported by table 1 where the age of respondents is 44-55 years old, where the age is in the premenopausal phase.

Respondents in the highest category are working, where working mothers have a higher chance of exposure to information.

Based on the results of the analysis of Table 4. there is no significant relationship between the level of knowledge and the readiness of mothers to face menopause. Many factors influence education, economy, occupation, and age. However, it does not fully affect whether there is a significant relationship between the level of knowledge and the readiness of mothers to face menopause. In contrast to research Monika *et al.*, (2022), stated a significant result of 0.000. If p is smaller than $\alpha = 0.05$ then H_0 is rejected and H_a is accepted, these results prove that there is a relationship between the level of knowledge and readiness to face menopause in adult women in South Tambun, Bekasi.

Based on the results of the study, it shows that the highest level of knowledge is in the moderate category as many as 40 people (88.9%) while the lowest is in the category of lack of knowledge as many as 1 person (2.2%). Respondents with readiness to face menopause were in the ready category as many as 37 people (82.2%). This is in line with research Ratnaningsih (2021), the results showed that the respondents' level of knowledge about menopause was in the moderate category as many as 34 people (40.5%) with a readiness level of ready, namely 51 people (60.7%). From this data, it is known that respondents who have a sufficient level of knowledge and most have readiness to face menopause are ready.

A woman's readiness to face menopause is characterised by a balanced nutritional diet, regular exercise, avoiding bad habits such as smoking and drinking alcoholic beverages. The average woman who is ready to face menopause thinks that menopause is a natural thing that will be experienced by all elderly women, while women are not ready because they cannot accept that menopause will occur so they are not physically and mentally psychologically ready to face menopause (Agustina, 2018).

Knowledge according to Yuli (2019), Knowledge is the result of the interpretation of information that a person receives through the five senses, depending on the ability of each individual to understand the content of the information. Sufficient knowledge will help women to better understand and prepare for menopause and to better prepare themselves. (Asmaradana, 2021).

A person's age also affects the readiness of perimenopausal women to face menopause. A person's age is associated with their knowledge and readiness to solve problems that arise in life. In this study, although the age of the respondents was almost the same, the knowledge of each individual was different. As they get older, their knowledge increases so that they are better prepared to face menopause (Ritonga *et al.*, (2023).

Conclusion

Based on the research conducted, it can be concluded; the level of knowledge in the category is sufficient with a total of 40 respondents. Mother's readiness in facing menopause is categorised as ready, namely 37 respondents. There is no relationship between maternal readiness in facing menopause at Posyandu Sukasari Dahlia 2 Ciamis District with a p value = 0.083 ($p < 0.05$).

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