# RELATIONSHIP BETWEEN KNOWLEDGE AND READINESS TO FACE MENOPAUSE IN PERIMENOPAUSAL WOMEN IN SUMBERREJO VILLAGE

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| ARTICLE INFORMATION | ABSTRACT |
|---|---|
| | ***Introduction:*** *Menopause is a phase in which women experience the cessation of menstrual cycles during the climacteric period. At around 45 years of age, there is a decrease in ovarian function which causes the production of the hormone estrogen to decrease. According to (WHO) for 2025, the number of women experiencing menopause in the Asian region is expected to increase significantly, from 107 million to 373 million. Meanwhile, (Ministry of Health of the Republic of Indonesia) estimates that in 2020, the population of Indonesia will reach around 262.6 million, with around 30.3 million women in the menopause phase. Their average age when experiencing menopause is 49 years.* ***Objectives:*** *To determine the relationship between knowledge and readiness to face menopause in perimenopausal women in Sumberrejo Village, Banyuputih District.* ***Methods:*** *This study is a quantitative analytical study with a cross-sectional research design. The population of the study was all perimenopausal women in Sumberrejo Village, Banyuputih District, totaling 641 people. The sampling technique was Purposive Sampling with a sample size of 89 people.* ***Results:*** *Based on the results of the knowledge analysis, 33 respondents (37.1%) had good knowledge, 41 respondents (46.1%) had sufficient knowledge and 15 respondents (16.9%) had insufficient knowledge. The results of the analysis of respondent readiness were in the category of being ready to face menopause with 76 respondents (85.4%) and 13 respondents (14.6%) were not ready to face menopause. The Kolmogorov Smirnov non-parametric analysis test showed that the significance value obtained was 0.000, the significance value was <0.05 (p <0.05).* ***Conclusions:*** *it can be concluded that there is a relationship between knowledge and readiness to face menopause in perimenopausal women in Sumberrejo Village, Banyuputih District* |

## Introduction

In 2020 in Indonesia, 7.4% of the total female population is estimated to be in the perimenopause phase, and the estimate increases to around 11.54%, with an average age ranging from 40 to 49 years. Several years before reaching menopause, namely at the age range of 45 to 55 years, women will experience physical, psychological, and emotional changes that can affect daily activities. This is relevant because women in the perimenopause phase are still in their productive age (Sari & Idealistiana, 2023).

According to data projections presented by the World Health Organization (WHO) for 2025, the number of women experiencing menopause in the Asian region is expected to increase significantly, from 107 million to 373 million. Meanwhile, the Ministry of Health of the Republic of Indonesia (Kemenkes RI) estimates that in 2020, the population of Indonesia will reach around 262.6 million, with around 30.3 million women in the menopause phase, and their average age at menopause is 49 years (Wardani, 2019).

Data from the 2017 Indonesian Demographic and Health Survey shows that the percentage of women aged 30-49 years who experience menopause in Indonesia reached 16.1%, with a total of around 28,767 women. The proportion of women experiencing menopause in the 30-49 age group shows an increasing trend with age, starting from 10% in women aged 30-34 years, increasing to 17% in women aged 44-45 years, and reaching 43% in women aged 48-49 years (Asifah & Daryanti, 2021). The data register obtained in Sumberrejo Village, Banyuputih District, Situbondo Regency in 2022 at the perimenopausal age of 40-49 years was 641 (Dinkes Situbondo, 2021).

Preparing for menopause is important because the hormonal changes that occur can affect a woman's physical, emotional and psychological health. Careful preparation can help women navigate menopause better, reduce negative impacts and improve quality of life. Knowledge about menopause is very important for women, because many of them feel anxious or afraid of this period. There is a common view that menopause is a stage towards old age. Therefore, it is important for women and their partners to understand the concept of menopause, including the process of its occurrence, the symptoms that may appear, and factors that can slow or accelerate the occurrence of menopause. Women should have an adequate understanding of menopause so that they can face this change together. This knowledge can also include information about therapies or strategies that can be used to overcome menopausal symptoms. It is hoped that increasing knowledge about menopause in perimenopausal women can bring about positive changes in attitudes and women's readiness when facing this period (Perceka et al., 2023)

Adequate preparation is needed for women who will face menopause. Lack of preparation makes women anxious and can also cause depression if they enter menopause. Women who enter perimenopause to menopause at the age of 40 to 60 years will experience psychological and physical changes such as irritability and weakened physical conditions (Asifah & Daryanti, 2016). This can be done by implementing a healthy diet, exercising regularly, avoiding cigarettes, not consuming alcoholic beverages, avoiding stress, and routinely checking health. However, women tend not to care and do not want to make an effort to prepare for menopause. This is due to the lack of willingness to avoid stress and routinely have health checks, the family and husband do not support the mother to prepare for menopause. So it makes women experience anxiety and can cause stress because there is no preparation for menopause.

Based on a preliminary survey in Sumberrejo Village, Banyuputih District, on 10 perimenopausal mothers aged 40-49 years, the results showed that 8 mothers said they did not know about perimenopause or readiness for menopause and 2 other perimenopausal mothers said that they were entering perimenopause and they understood that this was natural for every mother who entered perimenopause and according to them it was a physiological factor experienced when entering perimenopause. The results of the interview with the mother said they experienced several symptoms or signs of perimenopause such as menstruation could last longer than usual and could be shorter and wrinkles appeared on the face, and experienced sleep disorders (insomnia). Based on the background above, the researcher wanted to take the title "The Relationship between Knowledge and Readiness to Face Menopause in Perimenopausal Women in Sumberejo Village, Situbondo 2025"

**Methods**

Quantitative analytical research design is a relationship, estimating, and testing based on existing theories aimed at revealing correlative relationships between variables. The approach used is a cross-sectional approach, namely a type of research that emphasizes the time of measurement or observation of independent and dependent variable data only once at one time

(Sugiyono, 2013). This research was conducted in the Banyuputih Health Center Working Area, Situbondo Regency. The research was conducted in October 2024 - January 2025. The population in this study was all perimenopausal women in Sumberejo Village, totaling 641 people. The sample is part of the number and characteristics of the population (Hidayat, 2014). The formula used in sampling is Yamane. This formula can be used if the population in the study is known. The sample obtained was 89 women aged 40-49 years. The independent variable in this study is knowledge about menopause. The dependent variable in this study is readiness to face menopause. The inclusion criteria in this study are Willing to be a respondent, Respondents at least elementary school graduates / equivalent, Women aged 40-49 years. Exclusion criteria in this study are women who have hearing, vision and mental disorders and women who are suffering from cancer and are undergoing chemotherapy therapy.

In this study, a research instrument was used in the form of a questionnaire. A questionnaire is a data collection technique carried out by giving a set of written questions or statements to respondents to answer (Sugiyono, 2013). The questionnaire has been tested for validity and reliability. Data processing is done using software assistance. Before the analysis is carried out, the data that has been collected is processed first through the following stages: editing, coding, data entry and cleaning. data analysis using univariate and bivariate analysis.

## Results
A. Univariate Analysis Results

The univariate analysis in this study describes the results of the frequency distribution analysis of the characteristics of respondents including age, education, and occupation. Level of knowledge about menopause and respondents' readiness to face menopause.

1. Respondent Characteristics

Table. 1 Frequency distribution of respondents based on characteristics Last education

| Education | Frequency | Percentage |
|---|---|---|
| SD | 3 | 3,4% |
| SMP | 16 | 18% |
| SMA | 50 | 56,2% |
| College | 20 | 22,5% |
| Total | 89 | 100% |

Based on the results of the analysis in Table 1 above, it can be seen that the respondents in this study were dominated by respondents who were high school graduates/equivalent with the number of respondents as many as 50 or around (56.2%) while a small portion of respondents were elementary school graduates/equivalent, namely 3 respondents (3.4%).

Table 2 Distribution of respondent frequency based on job characteristics

| Work | Frequency | Percentage |
|---|---|---|
| Housewife | 78 | 87,6% |
| Self-employed | 2 | 2,2% |
| Businessman | 3 | 3,4% |

| | | |
|---|---|---|
| Private sector employee | 1 | 1,1% |
| PNS | 5 | 5,6% |
| Total | 89 | 100% |

The results of the analysis in Table 2 show that the respondents in this study were dominated by respondents with jobs as housewives with a total of 78 respondents (87.6%) and a small number of respondents worked as private employees, namely only 1 respondent (1.1%).

2. Respondents' knowledge of menopause

Table 3 Frequency distribution of respondents based on level of knowledge in dealing with menopause

| Age | Frequency | Percentage |
|---|---|---|
| Good | 33 | 37,1% |
| Enough | 41 | 46,1% |
| Not enough | 15 | 16,9% |
| Total | 89 | 100% |

Based on Table 3 above, it can be seen that there are 33 respondents (37.1%) who have good category knowledge, there are 41 respondents (46.1%) who have sufficient category knowledge and there are 15 respondents (16.9%) who have less category knowledge. This shows that the respondents in this study are dominated by respondents with sufficient level of knowledge.

3. Readiness to face menopause

Table 4 Frequency distribution of respondents based on readiness to face menopause

| Readiness | Frequency | Percentage |
|---|---|---|
| Ready | 76 | 85,4% |
| Not Ready | 13 | 14,6% |
| Total | 89 | 100% |

The results of the analysis in Table 4 above show that almost all respondents are included in the category of being ready to face menopause with the number of respondents being 76 people or around (85.4%) and a small portion are included in the category of not being ready to face menopause, namely 13 respondents (14.6%).

B. Results of Bivariate Analysis
   Relationship between Knowledge and Readiness to Face Menopause in Perimenopausal Women
   Table 5 Frequency distribution of respondents based on level of knowledge and readiness to face menopause

**Knowledge * Readiness Crosstabulation**

| | | | Readiness | | Total |
|---|---|---|---|---|---|
| | | | Ready | Not Ready | |
| Knowledge | Good | F | 32 | 1 | 33 |
| | | % | 36.0% | 1.1% | 37.1% |
| | Enough | F | 35 | 6 | 41 |
| | | % | 39.3% | 6.7% | 46.1% |
| | Less | F | 9 | 6 | 15 |
| | | % | 10.1% | 6.7% | 16.9% |
| Total | | F | 76 | 13 | 89 |
| | | % | 85.4% | 14.6% | 100.0% |

The results of the analysis in Table 5 above show that respondents with a sufficient level of knowledge are prepared to face menopause with the largest number of respondents, namely 35 respondents (39.3%).

Table 6 Results of the Kolmogorov Smirnov Non-parametric Test

**Frequencies**

| kelompok | | N |
|---|---|---|
| variabel | pengetahuan | 89 |
| | kesiapan | 89 |
| | Total | 178 |

**Test Statistics[a]**

| | | variabel |
|---|---|---|
| Most Extreme Differences | Absolute | .483 |

| | |
|---|---|
| Positive | .000 |
| Negative | -.483 |
| Kolmogorov-Smirnov Z | 3.223 |
| Asymp. Sig. (2-tailed) | .000 |
| Exact Sig. (2-tailed) | .000 |
| Point Probability | .000 |

a. Grouping Variable: tim

The results of the Kolmogorov Smirnov non-parametric test in Table V.6 above show that the significance value obtained is 0.000, where the significance value is less than 0.05 (p <0.05), so H0 is rejected and H1 is accepted, so it is concluded that there is a significant relationship between knowledge and menopause readiness.

## Discussion
A. Univariate Analysis
  1. Respondent Characteristics
    a. Education
        The results of the study conducted on 89 respondents living in Sumberrejo Village, 3 respondents (3.4%) had low education (elementary school), 16 respondents (18%) had junior high school education (SMP), 50 respondents (56.2%) had high school education (SMA), and 20 respondents (22.5%) had college education. Judging from the characteristics of respondents with good knowledge and good readiness, they have a high educational background. The results of the study showed that most respondents had high school education, which affected their knowledge. With education, a person will be able to respond rationally. This study found that a fairly high education will also be able to influence the knowledge they have. This is in accordance with the theory (Notoatmodjo, 2010) that someone who has a higher education will respond rationally to the information they will receive in the future. This opinion is in line with research conducted by (Asih, 2017) that women with higher education adapt more quickly to menopause. This situation is caused by the way of thinking of highly educated women being more rational, more open in receiving information, so that their insight and knowledge are broader and result in a more positive attitude in facing a problem.

    b. Occupation
        The results of the study showed that out of 89 respondents, 78 respondents (87.6%) were unemployed or housewives, 11 respondents were employed, 2 of whom were self-employed (2.2%), 1 private employee (1.1%), 3 entrepreneurs (3.4%), and 5 civil servants (5.6%). Respondents who were considered unemployed were generally housewives. It can be seen that a housewife allows them to have time to seek health information, especially about menopause, so that the information they have is sufficient. Women's daily activities can affect the quality of life they have. Indirectly, work also affects a person's level of knowledge, according to research (Asih, 2017).

Thus, the information and knowledge they obtain will provide knowledge to a working female respondent who has good information because there is a lot of interaction with other people. A woman who has social activities outside the home will get more good information, for example from work friends or friends in social activities (Asmaradana, 2021). The results of this study are also in line with the theory put forward by (Hermawati, 2015), working women are women who gain development and progress in work and position. It is undeniable that the presence of women in the world of work is very beneficial as partners of men who are not only housewives, in working they can also channel their potential and talents.

c. Knowledge about menopause

The results of the study showed that the majority of respondents had a good level of knowledge of 33 respondents (37.1%), respondents who had a sufficient level of knowledge were 41 respondents (46.1%), and respondents who had a poor level of knowledge were 15 respondents (16.9%). This is in line with research conducted by (Suhaidah, 2018) which stated that 57.8% of perimenopausal women had a level of knowledge in the sufficient category.

Women's knowledge about menopause is one of the factors that influences women's readiness to face menopause. Menopause is a natural process that occurs in all women. This period of change can be passed through well, without significant disruption if the woman is able to adjust to the new conditions that arise (Atik Ismiyati, 2020).

Knowledge is very important for a woman to have before entering menopause, so that she can face the changes caused by menopause and what strategies can be taken to manage the changes that occur during the transition period. Knowledge in this case about menopause is something that is closely related to the outcome indicator, namely readiness to face menopause. Knowledge is one of the things that can influence a person's path to moving from a transition, and facilitate or avoid the process of achieving a health transition (Sari Dewi et al., 2021).

The knowledge of someone who is experiencing a transition period in this case menopause can help individuals live new roles so that the process experienced does not cause problems. The determining factor whether a woman is ready for the arrival of menopause is in the hands of the woman herself. Women's knowledge is important so that they can prepare themselves and adapt well to the changes that will occur during menopause (Asmaradana, 2021). Readiness to face menopause Based on the results of the study, out of 89 respondents, it was found that 76 respondents (85.4%) were ready to face menopause, while 13 respondents (14.6%) were not ready to face menopause. Readiness is the level of development of maturity or adulthood that is beneficial in practicing something. Readiness can be interpreted as a state of the mother to prepare herself to face menopause, both physically and mentally or psychologically (Agustiawati & Sulistiyaningsih, 2017) According to (Purnama Dewi et al., 2023), maternal readiness in facing menopause must be accompanied by sufficient information about menopause. With sufficient information, it will increase knowledge and mothers will be more prepared to face menopause. The results of this study are in line with the research of (Agustiawati & Sulistiyaningsih, 2017) as many as 58 people (73.4%) women faced menopause readiness with the ready category. The results showed that there was a relationship between knowledge and readiness to face menopause, it was shown that most of the mothers' knowledge was sufficient in facing menopause, so that the mothers' readiness was also ready to face menopause.

B. Bivariate Analysis

Relationship between Knowledge and Readiness to Face Menopause in Perimenopausal Women in Sumberrejo Village, Banyuputih District. Based on the results of the study, it can be seen that 32 (36.0%) mothers who have good knowledge are ready to face menopause, 35 (39.3%) mothers have sufficient knowledge, are ready to face menopause, and 6 (6.7%) mothers who have less knowledge, are not ready to face menopause. The results of the statistical test obtained a p value of 0.004, meaning p value <0.05, then H0 is rejected and H1 is accepted. It can be concluded that there is a significant relationship between knowledge and readiness for menopause.

Based on the analysis test using non-parametric Kolmogrov Smirnov with a result of p = 0.000 (p <0.05), which means there is a relationship between knowledge and readiness to face menopause in perimenopausal women in Sumberrejo Village, Banyuputih District. The results of this study indicate that there is a relationship between the level of knowledge about menopause and readiness to face menopause in perimenopausal women because in this study it was found that most respondents had sufficient knowledge and were ready to face menopause. Knowledge will form trust and will provide a basis for further development and determine attitudes towards certain objects. Broad knowledge makes a person more prepared and mature in dealing with all the problems that occur well. (Asifah & Daryanti, 2016) stated that sufficient knowledge will help women understand and prepare themselves to face menopause better. (Darmasari Sitio, 2018) also argues that women who understand menopause are expected to be able to take preventive measures as early as possible to be ready to enter menopause without having to experience severe complaints. Women approaching menopause will experience a decline in various body functions, which will have an impact on discomfort in living their lives.

It is important for a woman to always think positively that this condition is something natural, like complaints that arise in other phases of her life. Of course, this positive attitude can arise if balanced by sufficient information or knowledge, so that the mother is more prepared physically, mentally, and spiritually (Nurma Yunita, 2021). Knowledge is the result of processing information received by someone through the five senses according to the ability of each individual to process it (Pebrianti & Lestiani, 2016) Extensive knowledge makes someone more prepared and mature in dealing with all the problems that occur well. (Sri Yuliastuti & Widiarta, 2022) stated that sufficient knowledge will help women understand and prepare themselves to face menopause better. (Nurma Yunita, 2021) also argues that women who understand menopause are expected to be able to make preventive efforts as early as possible to be ready to enter menopause without having to experience severe complaints. The results of this study are supported by the results of research conducted (Nisa & Islamiati, 2020) showing a Pearson Chi-Square value of 0.003, so it can be concluded that Ho is rejected, which means there is a relationship between menopause and readiness to face menopause, which is indicated by the number of respondents who have sufficient knowledge and readiness to face menopause with the ready category. The results of this study indicate that respondents who have a moderate level of knowledge have an effect on the high level of readiness of respondents in facing menopause. Having sufficient knowledge but supported by the experience they have can affect the level of readiness to face menopause. According to (Nisa & Islamiati, 2020) most respondents who have a high school education are ready to face menopause. Women who are more educated will find it easier to absorb information, develop it, and apply it in their lives. Along with increasing knowledge about menopause, it will

increase the readiness of mothers to face menopause and good knowledge will help women understand and prepare themselves to go through this period better.

## Conclusion

Based on data analysis, the following conclusions can be drawn: The level of knowledge of perimenopausal women about menopause in Sumberrejo Village, Banyuputih District has sufficient knowledge of 41 respondents (46.1%), The level of readiness to face menopause in perimenopausal mothers is included in the category of being ready to face menopause with the number of respondents being 76 people or around (85.4%), There is a relationship between maternal knowledge and readiness to face menopause in perimenopausal women in Sumberrejo Village, Banyuputih District with a Sig p value (0.000) <0.005. The higher a person's knowledge, the more prepared they will be to face menopause.

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