

# KNOWLEDGE INFLUENCES WOMEN IN RESPONDING THE CLIMACTERIC SYNDROME

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## ABSTRACT

*Menopause is a natural thing that will be experienced for every woman, good knowledge will certainly be able to help self-accept that, the climacteric is one of the normal phases of life that all women will go through. The purpose of this study was to determine the correlation between knowledge and attitudes of women aged 45-60 years in facing climacteric syndrome in Pamengkang village, Kramatwatu sub-district, Serang, Banten, which was conducted in July 2018. This study is a type of quantitative research. The population in this study were all women aged 45-60 years in Pamengkang village, Kramatwatu sub-district, Serang Banten, samples in this study were 71 respondents. Sampling technique was used simple random sampling. This study used a cross-sectional design with bivariate data analysis. Analysis of result was done using chi square. Based on the results showed there was correlation between knowledge and attitudes of women in dealing with climacteric syndrome with a value of  $p = 0.000$  ( $p < 0.05$ ). Good knowledge about menopause will help a women to prepare herself and be positive so that she can self-accept and reduce anxiety. Knowledge is very influential on the attitude of women in facing of the climacteric period.*

*Keywords: Attitudes, climacteric syndrome, knowledge*

## 1. INTRODUCTION

Climacteric is an intermediate period between the reproductive period and the senium period. The period before menopause is called pre-menopause and the period after menopause is called post-menopause. It is difficult to determine the beginning of climacteric, but based on endocrine state (the decreased level of estrogen hormone and the increased level of gonadotropin hormone) and it is usually followed by clinical symptoms, it can be said that the climacteric in began about six years before menopause. Climacteric ends about 6-7 years after menopause. The level of the estrogen hormone will have been low in senium period (Arafat & Widaryati, 2014; Pinem, 2009). Climacteric is part of pre-menopause, which is before the onset of menopause, when the menstrual cycle tends to be irregular and during that time women may experience climacteric symptoms of hot flushes (redness that feels hot) on the scalp, chest, face and neck. After the menopause phase, it moves to the post-menopause phase which is termed an end point that is not

well defined until the symptoms disappear or after the cessation of menstruation (Varney et al., 2008).

The most important sign of middle age in women aged 40 to 60 is menopause. Menopause is characterized by the cessation of menstruation. Before women experience the menopause, there are several stages that must be passed. They are the pre-menopause, menopause and post-menopause. This period is more accurately called the climacteric period (Llewellyn & Jones, 2006; Pinem, 2009).

In endocrinology term, the climacteric period is marked by a decreasing in estrogen levels and an increasing in gonadotropin secretion (Prawirohardjo, 2014). This deficiency of the hormone estrogen causes a decrease in various de- generative or endocrinology functions of the ovaries which causes anxiety in most women. The complaints at this time are caused by climacteric syndrome. This syndrome is experienced by all people in the world. Recorded in European countries around 70-80%, America around 60%, Malaysia around 57%, China 18% and in Japan and Indonesia around 10% (Boschitsch et al., 2017; Wigati & Kulsum, 2017)

Most of women will through menopause at the age of 49-52 years. According to the results of the population census, the life expectancy of Indonesian women increases to an average of 71 years (Central Statistics Agency, 2016). So, about 20-30 years or a third of the length of her life, a woman is in menopause (Kasdu, 2007). Most of the research results show that the knowledge of mothers about the climacteric period and menopause is still low so that it will increase anxiety and anxiety in mothers during menopause (Ardianti G & Sarita, 2018; Ermawati, 2011; Sipahutar & Nengah, 2016).

Menopause is a natural thing and naturally that will be experienced by every woman. What is felt by menopause women also varies, this is due to the socio-economic conditions, culture , knowledge and acceptance of women . Symptoms that may occur during menopause such as face felt hot and redness, vaginal dryness and mood swings. Most of women, these symptoms are barely visible, while in others, these symptoms can feel heavy and troublesome (Indriani, 2007).

All of these things really depend on the concept of self-acceptance of the woman. Self-acceptance is not easy, therefore the process of self-acceptance of the current condition needs to be based on a deep knowledge of oneself. A person before receiving something usually tries to find out things related to something he wants to receive. After knowing then someone will accept it. The higher or better a woman's knowledge is, she can face the climacteric period she is experiencing with full acceptance (not anxious), so that the climacteric period she experiences is full of happiness. A good knowledge of course for a woman will be able to understand that the climax is one of the normal phases of life that all women will go through. (Arafat & Widaryati, 2014; Ardianti G & Sarita, 2018; Aziza, 2017).

Based on the results of a previous study conducted on 10 women of climacteric age in Pamengkang village, Kramatwatu sub-district, Serang, Banten, it was found that women who had good knowledge tended to be more prepared to face menopause and could accept the changes that

occurred. Seeing this phenomenon, it is necessary to explore the extent of knowledge and attitudes of women aged 45-60 years in facing the climacteric syndrome.

## 2. MATERIALS AND METHODS

This study is an analytic study with a cross sectional approach to determine the correlation between knowledge and attitudes of women aged 45-60 years in facing the climacteric syndrome. The research was conducted in July 2017 in the village of Pamengkang, Kramatwatu Sub-district, Serang, Banten . The population in this study were all women aged 45–60 years in Pamengkang village, Kramatwatu subdistrict, Serang Banten, total 244 people. The sample in this study was a half of the population that met the inclusion criteria, the sample size was calculated using the Slovin formula as many as 71 people. The sampling technique in this study by simple random sampling.

The data in this study are primary data obtained through interviews using an instrument in the form of a questionnaire to assess knowledge and attitudes about the climacteric of the syndrome. The using of questionnaire is made by the researcher and have tested the validity and reliability of the 25 respondents, each of the questions have value product moment Pearson  $> 0.3$  ( $\geq 0.3$ ) and reliability test values obtained Cronbach's Alpha 0, 835 ( $> 0, 7$ ), so that the instrument is suitable for use . Data analysis in this study was carried out unvaried way using frequency distribution to determine the description of each independent and static variable, while bivariate analysis aims to analyze. Attitude based on knowledge. Bivariate analysis used the chi square test with a significance level of 95%.

## 4. RESULTS

The results of the study are described in table below;

### 1. Characteristics

Table 1 Characteristic Frequency Distribution

Variable	Frequency	Persentase
Age		
40-50 year	47	66,2

50-60 year	24	33,8
Pendidikan		
No school	6	8,4
Elementary school-junior high school	46	64,8
Senior high school	19	26,8
Diploma-post graduate	0	0
Occupation		
Housewife	41	57,7
Farm workers	27	38,1
Civil Servant	3	4,2
Private employee	0	0
Total	71	100

Based on table 1, it can be seen from 71 respondents that most of the respondents were 40-50 years old (66.2%), as many as 46 respondents (64.8%) had low education (elementary school-junior high school), and most of the respondents' jobs were housewives as much as 41 respondents (57.7%).

## 2. Knowledge

Table 2 Distribution of Knowledge Frequency of Mother Age 45-60 years About Climacteric Syndrome

Knowledge	Frequency	Percentage
Good	23	32,4

Poor	48	67,6
Total	71	100

According to the table 2 can be seen from 71 respondents most respondents had knowledge of the less well on the climacteric syndrome, 48 respondents (67.6%).

#### 4. Attitude

Table 3 Distribution of Frequency of Attitude of Mother Age 45-60 years  
About Climacteric Syndrome

Attitude	Frequency	Percentage
Positive	25	35,2
Negative	46	64,8
Total	71	100

According to table 3 can be seen from 71 respondents most respondents have a negative attitude about the climacteric syndrome as many as 46 respondents (64,8 %).

#### 4. Knowledge Relationship with Attitude

Table 4 Distribution of Attitude Frequency of Women Age 45-60 years in the face of the Climacteric Syndrome Based on Knowledge

Knowledge	Sikap		Total	P value
	Positive	Negative		

	F	%	f	%		
Good	16	69,6	7	30,4	23	0,000
Poor	9	18,8	39	81,2	48	

Based on table 4, it can be seen from 48 respondents who have poor knowledge of the climacteric of the syndrome, most of the respondents have negative attitudes as many as 39 respondents (81,2%) . Based on the results of the Chi-Square test, the P value was 0,000. When compared with the significant level  $\alpha = 0.05$  the P value (0.000)  $< \alpha$  (0.05), it means that there is a significant relationship between attitudes and knowledge of the mother's climacteric syndrome.

## 5.DISCUSSION

Climacteric is characterized by a decrease in the hormone estrogen and an increase in the hormone gonadotropin which causes a decrease in the function of the reproductive organs (Ermawati, 2011; Hermawati, 2011; Mulyani, 2013). This deficiency of the estrogen hormone causes a decrease in various degenerative or endocrinology functions of the ovaries which causes anxiety in most women. Complaints during this period are caused by climacteric syndrome (Boschitsch et al., 2017; Wigati & Kulsum, 2017). Based on the results of the study, it is known that from 71 respondents, 66.2% were aged 40-50 years. These results indicate that most of the women in Pamengkang village are in the early climacteric period where several complaints have appeared from climacteric syndrome. Along with the increasing age of a person the ability in his memory also be decreased, and this will lead to difficult late in remembering and receive information that ever obtained before. Information is very important because it is a means to increase one's knowledge (Notoatmodjo, 2010). Most of the 64,8 % education respondents low (elementary school-junior high school), where education is one important factor in improving the knowledge and insight. Education is a process of delivering information material to someone which is useful for achieving changes in behavior or goals (Notoatmodjo, 2012). The higher one's

education then it will be easier or receive, select and adapt to all the information and something in gain.

Most of women in the village Pamengkang, Kramatwatu sub-district are housewives 57.7%, so that access to information is not as easy as the working women, someone who works will socialize with many people that allows to more easily obtain information that can increase the knowledge about climacteric syndrome. Economic factors in the family also greatly influence a person's level of knowledge, because the higher or better the socioeconomic status, the availability of facilities or information means will allow a person to get information that can increase his/her knowledge. (Notoatmodjo, 2012). The involvement of women in activities in the village, one of which is a health agents helps a lot in obtaining the information about climacteric syndrome that is obtained from health workers.

The knowledge of respondents about the syndrome climacteric was mostly 67.6% poor, as well as most of respondents also had negative attitudes as much as 64.8%, of the 48 respondents who had poor knowledge, it turned out that 39 respondents had negative attitudes or acceptance related to the climacteric syndrome as 39 respondents. (81.2%) with p value = 0.000 (<0.05). This study shows that knowledge has very great influence the women's attitude in facing the climacteric period. Most of the climacteric women do not know that the changes that occur at the climacteric period are a natural process. In line with Hermawati's (2011) research that knowledge is influenced by several factors including age, occupation, and education. They also feel worried and confused about these symptoms so that being active in finding help is needed to be able to identify and get treatment (Hermawati, 2011) .

There is misunderstanding about menopause period and the changes that occur in it makes some middle-aged women react with anxiety. (Ardianti G & Sarita, 2018; Indriani, 2007; Sipahutar & Nengah, 2016). Good knowledge about menopause will help a woman to prepare herself and be positive. A positive attitude indicates that a woman is ready to face the climactic period, whereas a negative attitude indicates that she is not ready to face the climax period. Readiness and self-acceptance in facing the climacteric period will greatly assist women in living this period better (Bloch, 2002; Widiastuti & Rohani, 2020). A good knowledge and acceptance of positive affect a

woman's self-concept, so that will help a woman to prepare themselves in undergo menopause better and can reduce anxiety.

Menopause is a natural process of life cycle of a woman who cannot be rejected by every woman who through the age of middle age. Various complaints both physical and psychological that occur are the result of decreased reproductive function. Considering that the life expectancy of women in Indonesia is quite high, middle - aged women must have their quality of life preserved. According to the results of the population census, the life expectancy of Indonesian women increases to an average of 71 years (Central Bureau of Statistics, 2016). Increasing age life expectancy also increased the proportion of middle-aged women. Therefore their quality of life must be improved by good knowledge.

Most of women do not know the impact of menopause and how to how to react to it, women who entered menopause tend to surrender without any attempt to find information in order to improve their quality of life. Women themselves have diverse perceptions about menopause, some argue menopause is the beginning of the decline of the overall reproductive function, menopause even assume that there is a "disaster" in old age. (Bloch, 2002; Indriani, 2007). Increasing age cannot be avoided, menopause will certainly be experienced by all women. Therefore, it is necessary to have self-acceptance in the process of going through this period. The concept acceptance themselves and how to transfer the complaint to the climacteric require sufficient knowledge to be able to change the view if climacteric is something natural and not scary so it does not need to be sad or anxious are excessive when to deal with it .

Suppose that every woman will face old age, it needs to be implanted in order to not have to worry in case of menopause. In addition, to prevent diseases during climacteric times such as osteoporosis and heart disease, you must be diligent doing the exercise and consuming milk or foods that contain lots of calcium, it is hoped that women will not only be oriented towards physical problems but can also keep themselves busy by participating in religious activities or social activities of other (Hermawati, 2011). A person who cannot accept changes in the climacteric period and cannot be realistic about these changes will tend to feel afraid, worried and even more anxious with the arrival of old age (Ismiyati, 2010; Mangoenprasodjo, 2004).

A woman who experiences anxiety, will experience a climacteric period with discomfort over the changes that her body.. Knowing the various kinds of menopause symptoms can certainly make a



woman anxious, ranging from the threat of discomfort in sex to various health problems such as the threat of heart disease, and osteoporosis. No wonder this can make women afraid and even anxious in the face of menopause. (Aqila, 2010; Indriani, 2007; Sipahutar & Nengah, 2016).

## **6. CONCLUSION**

Respondents who had a poor knowledge proved to have a negative attitude or acceptance that related with the climacteric syndrome, a total of 39 respondents (81,2 %) with a value of  $p = 0.000 (<0.05)$ . This research shows that knowledge affects the attitude of women in facing the climacteric period. It is hoped that women at the climacteric age can be proactive in finding the information about changes and problems that occur during the climacteric period so that it can help reduce anxiety and complaints that are felt.

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