

## THE RELATIONSHIP OF KNOWLEDGE AND ATTITUDES IN DEALING WITH MENOPAUSE IN WOMEN AGED 40-45 YEARS

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### ABSTRAK HUBUNGAN PENGETAHUAN DAN SIKAP DALAM MENGHADAPI MENOPAUSE PADA WANITA USIA 40-45 TAHUN

Latar Belakang Kesehatan masyarakat tidak hanya ditunjukkan oleh angka kesakitan, angka kematian, peningkatan status gizi, tetapi juga ditunjukkan oleh peningkatan Angka Harapan Hidup (UHH). Menurut World Health Organization (WHO), diperkirakan pada tahun 2025 jumlah wanita lanjut usia akan meningkat dari 107 juta menjadi 373 juta.

Tujuan penelitian ini adalah untuk mengetahui pengetahuan dan sikap dalam menghadapi menopause pada wanita usia 40-45 tahun

Metode Jenis penelitian kuantitatif, dengan survei analitik dengan rancangan Cross Sectional. Penelitian ini dilaksanakan pada bulan Juli 2022 di Desa Putra Lempuyang Kecamatan Way Pengubuan Kabupaten Lampung Tengah. Sampel adalah ibu usia 40-45 tahun yang tidak mengalami menopause selama 12 bulan terakhir atau sedang dalam masa pra menopause dengan jumlah populasi 189 dan jumlah sampel 43 responden.

Hasil Pengetahuan baik dengan sikap positif 3 (7,0%) responden, sikap positif 16 (37,2%) responden. Pengetahuan kurang baik dengan sikap positif sebanyak 12 (27,9%) responden, dan sikap negatif sebanyak 12 (27,9%) responden. Jumlah sikap positif sebanyak 15 (34,9%) responden dan sikap negatif sebanyak 28 (65,1%) responden.

Kesimpulannya adalah ada hubungan pengetahuan ibu dengan sikap menghadapi menopause pada wanita usia 40-45 tahun di Desa Putra Lempuyang Kecamatan Way Pengubuan Kabupaten Lampung Tengah Tahun 2022.

Saran Bagi Responden Dengan dilakukannya penelitian ini dapat dijadikan sebagai sumber pengetahuan responden tentang masalah dan sikap mengenai kejadian menopause pada usia 40-45 tahun dan diharapkan responden dapat mengetahui informasi yang akurat tentang masalah dalam menopause dini untuk menghindari ketidaksiapan dalam menghadapi menopause.

Kata kunci: Menopause, Pengetahuan, Sikap

### ABSTRACT

Background The one thing about public health is not only indicated by the morbidity rate, mortality rate, improving nutritional status, but also shown by the increase in Life Expectancy (UHH). According to the World Health Organization (WHO), it is estimated that by 2025 the number of women who are old will increase from 107 million to 373 million.

The purpose of this study is to determine knowledge and attitudes in the face of menopause in women aged 40-45 years

Methods Type of quantifiable research research, with analytical surveys with Cross Sectional design. This research was conducted in July 2022 at The Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency. The sample was mothers aged 40-45 years who had not experienced menopause for the past 12 months or were in pre-menopausal stage problems with a population of 189 and a sample number of 43 respondents.

Result Good knowledge with a positive attitude 3 (7.0%) respondents, a positive attitude 16 (37.2%) respondents. Poor knowledge with a positive attitude of 12 (27.9%) respondents, and a negative attitude of 12 (27.9%) respondents. Total positive attitudes were 15 (34.9%) respondents and negative attitudes were 28 (65.1%) respondents.

The conclusion is that there is a relationship between maternal knowledge and attitudes towards facing menopause in women aged 40-45 years in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022.

**Suggestion For Respondents** By doing this research, it can be used as a source of respondent's knowledge about problems and attitudes regarding the incidence of menopause at the age of 40-45 years and it is hoped that respondents will be able to find accurate information about problems in early menopause to avoid unpreparedness in dealing with menopause.

Keywords: menopause, knowledge, attitude

## INTRODUCTION

Public health status is not only shown by the morbidity rate, mortality rate, improving nutritional status, it is also shown by the increase in Life Expectancy (UHH). The population in Indonesia, in line with the increasing standard of living and human health services, the UHH is getting higher. This condition makes the population of elderly people in Indonesia higher (Ismiyati, 2014).

Increasing the UHH especially for women, encouraging policies towards the elderly population, increasing the number of elderly people can be interpreted as increasing the level of welfare, increasing health conditions but can also be interpreted as a burden because this old age group is no longer productive (Ministry of Health RI, 2015)

Every year it is estimated that around 25 million women worldwide will enter menopause. According to the World Health Organization (WHO), it is estimated that by 2025 the number of elderly women will increase from 107 million to 373 million. This is supported by the increasing life expectancy of women and they are more active during menopause. According to the Central Statistics Agency (BPS) in Indonesia in 2025 it is estimated that it will increase and reach 60 million women during menopause. ASIA is the region with the highest number of women experiencing early menopause symptoms in the world, around 70-80% in Europe, 60% in America, 57% in Malaysia, 18% in China and 10% in Japan and Indonesia (WHO, 2020).

In 1971 the UHH of the Indonesian population was 46.5 years and in 2005 it was estimated to reach 68.2 years, and there was a shift in the age of menopause from 46 years in 1980 to 49 years in 2000. It is estimated that in 2020 the population of Indonesia will reach 262.6 million with the number of women living in menopause age is 30.3 million of the number of men, in the andropause age it will reach 24.7 million. The number of women from the age of 50 years and over experienced menopause in 2000 as many as 15.5 million people or 7.6% of the population. In 2020, it is estimated that 30.2 million people or 11.5% of the total population of Indonesia are women who experience menopause at the age of 59 years and over. The incidence of pre menopause at the age of 40-45 years during 2020 was 45.4

million of the total population in Indonesia (Depkes RI, 2020).

The total population in Lampung Province in 2020 is 8.5 million people. While the number of elderly people aged 60-64 years is 332,237 people, aged 65-69 years there are 219,717 people, 70-74 years there are 139,427 people, and over the age of 75 there are 188,654 people and ages 40-45 years there are 356,786 people. The population in Central Lampung Regency occupies the highest number, namely 1.46 million people or approximately (16.21%), while the smallest population is West Lampung Regency, which is 162.70 thousand people or approximately (1.81%). Based on the results of the population in Central Lampung Regency, there are 9,230 elderly people with criteria for the age of 40-45 years as many as 3,450 people, ages 50-65 people years as many as 3,609 people and ages 70-90 years as many as 2,171 people (Lampung Health Office, 2020)

Increasing the UHH especially for women, encouraging policies towards the elderly population, increasing the number of elderly people can be interpreted as increasing the level of welfare, increasing health conditions but can also be interpreted as a burden because this old age group is no longer productive (Ministry of Health RI, 2015).

Women aged 40-45 years are called women of pre-menopausal age which is a period of transition from the reproductive period to the non-reproductive period. Complaints, symptoms, causes, complications, prevention and treatment of women entering menopause are influenced by women's level of knowledge about menopause (Riama, 2016).

Menopause is a physiological state in women who have entered the aging process which is characterized by decreased levels of the hormone estrogen. Premenopause often afflicts women aged 40 years and over (Purnobasuki, 2004). Menopause is a normal life that occurs in a woman's life and has reached menopause if she does not get a menstrual period for 12 consecutive months, and there is no other cause for the changes that occur during menopause, which generally occurs at the age of 45-55 years. The production of the hormones estrogen and progesterone in a woman slowly decreases,

resulting in various symptoms (Ministry of Health, 2017).

Menopausal syndrome is experienced by many women almost all over the world, around 70-80% of European women, 60% in America, 57% in Malaysia, 18% in China and 10% in Japan and Indonesia. From some data it appears that one of the factors of the difference in numbers is due to diet. European and American women have more estrogen than Asians. The decrease in estrogen levels often causes symptoms that greatly interfere with the activities of women's lives (Kemenkes RI, 2019).

As we have understood that premenopause is a scourge for women. Although this happens naturally to all women, the side effects affect the harmony of the household a lot if you are not prepared to deal with it. Premenopause afflicts women at the age of 40 years and over at this time menstrual irregularities occur. Problems that arise due to premenopause are called premenopausal syndrome including hot flashes (hot flashes from the chest to the face), night sweats (night sweats), vaginal dryness (vaginal dryness), memory loss, insomnia (difficulty sleeping), depression anxiety), fatigue (tired easily), decreased libido, drypareunia (pain during sexual intercourse) and urinary incontinence (beser).

As a result of changes in the symptoms that accompany this premenopausal syndrome in the form of irregular menstruation, changes will automatically occur in the female reproductive organs. Changes in the function of the ovaries will affect the hormones which then have an effect on the female organs in general. Psychological aspects that occur in women who experience premenopause play an important role in their social life and cannot be separated between organ-biological, psychological, social, cultural and spiritual aspects of life. Psychological symptoms and signs of premenopausal syndrome are memory loss, anxiety, irritability, stress and depression. Some women who enter the premenopausal period welcome it with the usual they consider this condition as part of their life cycle,

According to research conducted by the Department of Epidemiology and Psychiatry at the University of Pittsburgh, O'hara in 2014 it was found that 28.9% experienced stress because they did not have the readiness to face menopause in early premenopause, 20.9% when entering menopause and 22% in the postmenopausal period. Women who experience anxiety and stress are caused by a lack of readiness to face menopause in premenopausal women. Due to lack of readiness 38% of women experience sleep disorders, 30%-50% experience

urogenital disorders, 50% experience vaginal dryness and pain.

Knowledge has a very important role in the lives of women who experience menopause, because when women experience menopause, these women will feel complaints that occur at the time of menopause and these women will also know how to prepare for menopause. future (BKKBN, 2018).

A person's knowledge is influenced by internal and external factors, including the level of intelligence, emotional level, education, environment, socio-cultural or economic level of each. From this knowledge, it can be taken, understood, applied, analyzed, synthesized and then evaluated in their own way and understanding (Aryani, 2014).

Knowledge about menopause is a determining factor in an effort to adapt to the natural changes in the life cycle that will be experienced by every woman and does not need to take treatment or have to cause excessive unpreparedness in dealing with and undergoing menopause. This knowledge is very important for perimenopausal women so that mothers are better prepared to face menopause so that women do not do wrong behavior when facing menopause (Indah, 2018).

Attitude is a person's feelings or views accompanied by a tendency to act on an object or stimulus. According to Bem's view in Self Perception Theory, people's positive/negative attitude towards an object is formed through observing their own behavior. Pre-menopausal mothers who have positive attitudes encourage them to prepare for menopause, on the contrary, negative attitudes are more dominant in not preparing themselves for menopause (Indah, 2018).

The absence of experience that a person has with a psychological object tends to form a negative attitude towards that object. Attitudes will be easily formed if what a person experiences occurs in situations that involve emotions, because the appreciation of experience is more effective in assessing something so that a certain attitude direction is formed (Kumalasari, 2014).

Based on presurvey data conducted in Putra Lempuyang Village in 2021 as many as 189. Meanwhile, in 2022 the number of elderly people from January to April aged 40-45 years was 43 women. Based on the results of an initial survey conducted on 4 mothers aged 40-45 years, they said that they started experiencing signs of menopause with the characteristics of the mother having started to decrease her desire to have sex, had no desire to get pregnant again, and sometimes felt anxious if her

husband did not pay attention to her. again because it will get old and wrinkled.

Interviews conducted with several respondents said that the mother did not know about the problems of menopause that would occur later and the mother also said that if she later experienced menopause, she would undergo it according to the changes that occurred because the mother did not really understand the problem of menopause. Mothers also think that menopause is something that can and will not experience significant changes.

## RESEARCH METHODS

The type of research that will be used will use quantitative research, This type of research is an analytical survey with a cross sectional design. This research was conducted from June to July 2022 and was carried out in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency. The sample in this study were mothers aged 40-45 years who had never experienced menopause in the last 12 months or were in the menopausal stage with a population of 189.

## RESULTS AND DISCUSSION

### Research result

#### Characteristics of Respondents

Based on table 1, it can be seen from 43 respondents that the research was conducted in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency based on the 40 year age category as many as 10 (23.3%) respondents, 41 years old as many as 7 (16.3%) respondents. , age 42 years as many as 4 (9.3%) respondents, age 43 years as many as 8 (18.6%) respondents, age 44 years as many as 5 (11.6%) respondents, age 45 years as many as 9 (20.9% ) respondents. Characteristics of respondents based on education with elementary education category as many as 11 (25.6%) respondents, high school education as many as 7 (16.3%) respondents, junior high school education as many as 16 (37.2%) respondents, undergraduate education as many as 9 (20.9 %) respondents.

**Table 1**  
**Characteristics of Respondents in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022**

Characteristics of Respondents	Frequency	Percentage (%)
Respondent Age		
40 years	10	23.3%
41 years old	7	16.3%
42 years old	4	9.3%
43 years old	8	18.6%
44 years old	5	11.6%
45 years old	9	20.9%
Respondent's education		
SD	11	25.6%
SENIOR HIGH SCHOOL	7	16.3%
JUNIOR HIGH SCHOOL	16	37.2%
Bachelor	9	20.9%
Education		
IRT	18	41.9%
Trader	7	16.3%
Employee	1	2.3%
civil servant	9	20.9%
Farmer	8	18.9%
Number of children		
Multipara	25	58.1%
Primipara	11	25.6%
Grande para	7	16.3%

Characteristics of respondents based on the mother's occupation with the category of work as a

housewife as many as 18 (41.9%) respondents, work as a trader as many as 7 (16.3%) respondents, work

as an employee as many as 1 (2.3%) respondents, work as a farmers as many as 8 (18.6%) respondents, as many as 9 (20.9%) respondents as civil servants. While the characteristics based on apruity or the number of children in the primipara category were 11 (25.6%) respondents, multipara were 25 (58.1%) respondents, grandepara were 7 (16.3%) respondents.

**Univariate Analysis**

Frequency Distribution of Mother's Knowledge of Menopause at 40-45 Years Old in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022

**Table 2**  
**Frequency Distribution of Mother's Knowledge of Menopause at 40-45 Years Old in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022**

Mother's knowledge	Amount	Presentation
Good knowledge	19	44.2%
Knowledge is not good	24	55.8%

Based on table 2, it can be seen from 43 research respondents based on what was done in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022 based on mother's knowledge with good knowledge category as many as 19 (44.2%) respondents, poor knowledge category as many as 24 (55.8%) respondents.

Frequency Distribution of Mother's Attitude towards Menopause in Women Age 40-45 Years in Putra

Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022

**Table 3**  
**Frequency Distribution of Mother's Attitude towards Menopause in Women Age 40-45 Years in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022**

Mother's Attitude	Amount	Presentation
Positive attitude	15	34.9%
Negative attitude	28	65.1%

Based on table 3 it can be seen from 43 respondents that the research was conducted in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022 based on the mother's attitude with a positive attitude category as many as 15 (34.9%) respondents, 28 (65.1%) negative attitude category. (%) respondents.

**Bivariate Analysis**

Based on the results of table 4 above, it shows that of the 43 research respondents based on the mother's knowledge of the attitude towardsmenopausein women aged 40-45 years in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022 the category of good knowledge with positive attitudes was 3 (7.0%) respondents, negative attitudes were 16 (37.2%) respondents. While the category of knowledge is not good with a positive attitude as many as 12 (27.9%) respondents, and a negative attitude as many as 12 (27.9%) respondents. Total positive attitudes were 15 (34.9%) respondents and 28 (65.1%) negative attitudes.

**Table 4**  
**The Relationship of Mother's Knowledge to Attitudes in Facing Menopause in Women Age 40-45 Years in Putra Lempuyang Village, Way Pengubuan District Central Lampung Year 2022**

Knowledge	Mother's attitude				Total	p-value	OR (CI 95%)
	Positive attitude		Negative attitude				
	N	%	N	%			
Good knowledge	3	7.0	16	37.2	19	44.2	0.044 (0.043-0.815)
Knowledge is not good	12	27.9	12	27.9	24	55.8	

The p-value  $0.044 < \alpha (0.05)$  means that  $H_0$  is rejected, which means that there is nonethe relationship between mother's knowledge and attitude towards dealing withmenopausein women aged 40-45 years in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022.

**DISCUSSION**

**Univariate Analysis**

Frequency Distribution of Mother's Knowledge of Menopause at 40-45 Years Old in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022

From 43 respondents based on research conducted in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022 based on mother's knowledge with good knowledge category as many as 19 (44.2%) respondents, poor knowledge category as many as 24 (55.8%) respondents.

Women aged 40-45 years are called women of pre-menopausal age which is a period of transition from the reproductive period to the non-reproductive period. Complaints, symptoms, causes, complications, prevention and treatment of women entering menopause are influenced by women's level of knowledge about menopause (Riama, 2016).

*Menopause* is a physiological state in women who have entered the aging process which is characterized by decreased levels of the hormone estrogen. Premenopause often afflicts women aged 40 years and over (Purnobasuki, 2004). Menopause is a normal life that occurs in a woman's life and has reached menopause if she does not get a menstrual period for 12 consecutive months, and there is no other cause for the changes that occur during menopause, which generally occurs at the age of 45-55 years. The production of the hormones estrogen and progesterone in a woman slowly decreases, resulting in various symptoms (Ministry of Health, 2017).

Knowledge has a very important role in the lives of women who experience menopause, because when women experience menopause these women will feel complaints that occur at the time of menopause and these women will also know how to prepare for menopause. future (BKKBN, 2018).

A person's knowledge is influenced by internal and external factors, including the level of intelligence, emotional level, education, environment, socio-cultural or economic level of each. From this knowledge, it can be taken, understood, applied, analyzed, synthesized and then evaluated in their own way and understanding (Aryani, 2014).

Knowledge is something that is known to be related to the learning process. This learning process is influenced by various internal factors, such as motivation and external factors in the form of available information facilities, as well as socio-cultural conditions (Big Indonesian Dictionary, 2013).

In line with research conducted by Saraswati (2017) with the title "The Relationship of Knowledge, Attitudes About Menopause With Readiness to Face Menopause at Pekanbaru Health Center." The type of research is quantitative analytic with a cross sectional design. A sample of 100 pre-menopausal mothers was taken by accidental sampling

technique. Questionnaire research instrument, data processing by editing, coding, tabulating, processing, data entry and cleaning. Data analysis was univariate and bivariate. The results showed that the respondents had less knowledge, namely 53 people (53.0%), negative attitudes as many as 60 people (60%), not ready to face menopause as many as 63 people (63.0%). There is a relationship between knowledge of pre-menopausal mothers with readiness to face menopause with chi square where the p value is 0.011.

According to researchers, knowledge can be influenced by one's educational background because by having a high education, individuals will seek more information about health changes that occur. Information obtained from both formal and non-formal education can have a short-term impact (immediate impact) resulting in changes or increases in knowledge. From the results of the research that has been done above, it shows that more respondents who have poor knowledge are caused because respondents are reluctant to seek information about menopause problems and menopause is a normal thing. Environmental factors also often affect the source of individual knowledge itself because the environment often assumes that menopause is a natural thing to happen.

The results of research that have been carried out show that good knowledge as many as 19 respondents, poor knowledge category as many as 24 respondents. Problems that occur in lack of knowledge are caused because respondents do not seek information about early menopause problems, difficulties in accessing information because respondents do not know or do not understand how to use social media. The information obtained by respondents was only from health workers but they said it was difficult to understand and absorb what had been given from health workers. In terms of lack of knowledge, there are several factors that the researchers did not examine, including the availability of internet network speed, the respondent's educational background.

#### **Frequency Distribution of Mother's Attitudes towards Menopause in Women aged 40-45 Years in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022**

Of the 43 respondents based on research conducted in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022 based on the mother's attitude with a positive attitude category as many as 15 (34.9%) respondents, negative attitude category 28 (65.1%) respondents.

According to Newcomb in Notoatmodjo (2018), one social psychologist stated that attitude is defined as a willingness to act, and not the implementation of certain motives. In other words, the attitude function is not yet an action (open reaction) or activity. However, it is a behavioral predisposition (closed reaction). Understanding attitude according to Stepan (2007) in Budiman (2013) is an evaluative statement towards objects, people, or events. It reflects a person's attitude towards something. Meanwhile, another understanding of attitude according to Notoatmodjo (2018) is a reaction or response that is still closed to a stimulus or object.

*Menopause* is a period of sharp decline in estrogen, increased gonadotropin hormone, hormonal balance disorders (irregular menstruation, anovulatory menstruation (menstruation without ovulation), only estrogen stimulation, causing psychological symptoms (fear of old age, fear of being unattractive, unstable emotions, irritability, often sad, having trouble sleeping) and cardiovascular conditions such as hot flashes, frequent palpitations, and dry skin. Premenopause itself occurs when women begin to enter the age of 39-51 years, but the age of occurrence of premenopause in each individual is not the same (Prawirohardjo, 2016).

*Menopause* Early menopause is menopause that occurs before the age of 40 years. This diagnosis is made when menstruation stops prematurely accompanied by hot flashes and increased levels of gonadotropin hormones. If these two symptoms are not present, it is necessary to investigate other causes of impaired ovarian function. Factors that cause early menopause are heredity, severe nutritional disorders, chronic diseases, and diseases that damage the tissues of both ovaries. Early menopause does not require therapy, but it is necessary to provide information to the woman concerned. Another factor that can cause a woman to experience early menopause is smoking (Sibagariang, 2016).

In line with the research conducted by Noroozi (2015) with the title "Knowledge and Attitude towards Menopause Phenomenon Among Women aged 40–45 Years" The data collection instrument was a questionnaire consisting of three parts, namely: demographic information, questions to assess knowledge and attitude investigation questions. Findings: The results showed that the mean score of the subject's knowledge was  $63.57 \pm 10.79$ , and the mean score of their attitudes was  $61.21 \pm 12.73$ . In this study, 8% of the subjects had poor knowledge, 68% had moderate knowledge and 38.5% had good

knowledge. Meanwhile, 81.5% of women have a positive attitude towards menopause

According to researchers, a good attitude is an attitude that is able to adapt to a new atmosphere and is able to accept the situation without harming oneself or others. Mother's attitude towards menopause is a natural thing to happen, sometimes mothers feel they are no longer needed because they are not able to meet their husband's sexual needs so that mothers often feel moody and insecure. What often happens is that sometimes mothers are more easily emotional and body changes will occur.

Based on the results of research that has been carried out, it shows that there are positive attitude as many as 15 respondents, negative attitude category 28 respondents. The attitude of the respondents is motivated by the customs of the respondents themselves. According to respondents, menopause is a natural thing and does not cause problems if experiencing menopause, basically menopause is able to cause significant physical changes.

### **Bivariate Analysis**

Of the 43 research respondents based on mother's knowledge of attitudes towards menopause in women aged 40-45 years in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022 the category of good knowledge with a positive attitude was 3 (7.0%) respondents, positive attitudes were 16 (37.2%) respondents. While the category of knowledge is not good with a positive attitude as many as 12 (27.9%) respondents, and a negative attitude as many as 12 (27.9%) respondents. Total positive attitudes were 15 (34.9%) respondents and 28 (65.1%) negative attitudes.

The p-value  $0.044 < \alpha (0.05)$  means that  $H_0$  is rejected, which means that there is none The relationship between mother's knowledge on attitudes towards menopause in women aged 40-45 years in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022.

The word menopause comes from the Greek, namely from the word 'men' which means moon and the word 'pauses' which means temporary cessation. Linguistically a more appropriate word is menopause which means the period of cessation of menstruation. Menopause is the stage in a woman's life when menstruation stops, thus the years of childbearing also stop. Women are said to have menopause if they have not experienced menstruation for 12 months since the last

menstruation caused by a decrease in ovarian function (Sibagariang, 2016)

Signs of menopause According to Prawirohardjo (2016) women whose ages range from 40-45 years enter a new phase in their life span. At this time women experience premenopause, that is, since their reproductive function begins to decline, until the onset of complaints or signs of menopause. All women will experience premenopause. This is the final stage of the biological process experienced by women in the form of a decrease in the production of female sex hormones, namely the hormones estrogen and progesterone. The signs of premenopause are changes, both physical changes and psychological changes caused by decreased production of the hormone estrogen. Physical changes include menstrual cycle irregularities, heavy or scanty menstruation, hot flushes, night sweats and non-stopping, bone fragility, the body becomes fat, and symptoms of the disease appear. While psychological changes include anxiety, decreased memory, irritability, stress and depression.

Knowledge about menopause is a determining factor in an effort to adapt to the natural changes in the life cycle that will be experienced by every woman and does not need to take treatment or have to cause excessive unpreparedness in dealing with and undergoing menopause. This knowledge is very important for perimenopausal women so that mothers are better prepared to face menopause so that women do not do wrong behavior when facing menopause (Indah, 2018).

Attitude is a person's feelings or views accompanied by a tendency to act on an object or stimulus. According to Bem's view in Self Perception Theory, people's positive/negative attitude towards an object is formed through observing their own behavior. Pre-menopausal mothers who have positive attitudes encourage them to prepare for menopause, on the contrary, negative attitudes are more dominant in not preparing themselves for menopause (Indah, 2018).

Women with good knowledge about menopause are expected to be able to make prevention efforts as early as possible to deal with premenopause without having to experience severe complaints (Admin, 2005). Armed with good knowledge, women are more prepared and independent physically, psychologically, and spiritually with all the changes that occur before or who are entering the premenopause phase (Purwoastusti, 2008). Knowledge and attitudes are important factors in shaping one's actions (Notoatmodjo, 2018).

Women who have a neutral or positive attitude towards menopause will be more ready to experience menopause and are ready to accept the changes that occur. Research on menopause conducted by Asniati (2013) regarding the description of knowledge and attitudes of premenopausal mothers in dealing with in Cibrek Baroh Village, Syamtalira Aron District, showed that the relationship between the level of knowledge and mother's attitude about menopause found respondents who had good knowledge had positive attitudes about menopause and vice versa. These results indicate that respondents who are knowledgeable have more or less negative attitudes about menopause compared to respondents who have good knowledge.

In line with research conducted by Triastin (2018) with the title "The Relationship of Knowledge and Attitudes of Premenopausal Mothers to Changes in the Menopause Period in Orawa Village, Tirawuta District, East Kolaka Regency" The type of research used is quantitative with a cross-sectional design. The population is 98 people with a sample of 49 people with purposive sampling technique. Results: Based on the results of the research and discussion by referring to the formulation of the problem and the objectives and research hypotheses, it can be concluded, respondents who have good knowledge are 37 people (75.5%) and 44 people (89.9%) positive attitude and mother 12 people with less knowledge (24.5%) and 5 people with negative attitude (10.2%). Based on the Chi-Square statistical test, the results showed that there was a relationship between knowledge and attitudes of premenopausal mothers towards changes in menopause in Orawa village, Tirawuta district, East Kolaka district ( $p$  Value = 0.02).

According to researchers good knowledge can determine a person's attitude. Armed with good knowledge, women are more prepared and independent physically, psychologically, and spiritually with all the changes that occur before or who are entering the premenopause phase. When a person has an attitude towards an object, it shows the person's knowledge of the object of the attitude in question. After the knowledge and attitudes of premenopausal women about menopause become better, it is hoped that their readiness to face menopause will be better as well.

The knowledge possessed by the respondent can influence attitudes and behavior because doing something is sometimes based on someone's knowledge or experience. The results of research that have The results showed that there was a problem with the respondents' negative attitudes

regarding knowledge about the incidence of early menopause. PA good respondent's knowledge shows that the respondent has fully sensed an object to the maximum so that the respondent becomes more aware. This is in accordance with Bloom's theory which explains that knowledge is the result of knowing and this occurs after sensing certain objects because knowledge is a very important domain for the formation of one's actions.

In conducting this research there are several factors that are not examined, namely the education and occupation of the respondents, most of the respondents will be more positive and accept changes in themselves as a natural change and will be experienced by every woman, and do not care what will happen, especially about their attitude later in the face of menopause, their mindset is very simple and does not use emotions so that they are ready to face menopause.

The results of research that have been carried out show that good knowledge category with positive attitude as many as 3 (7.0%) respondents, positive attitude as many as 16 (37.2%) respondents. This study shows that in good knowledge there are still 16 respondents who have negative attitudes and even more have negative attitudes. This is motivated because respondents only know about menopause but do not explore what will happen if they experience menopause problems and say they are not ready if they have to experience early menopause. Other opinions expressed by respondents include still wanting to look young and wanting to make their husbands happy by not experiencing early menopause.

The results of the study in the category of poor knowledge with a positive attitude as many as 12 (27.9%) respondents, and a negative attitude as many as 12 (27.9%) respondents. In this study, it shows that the knowledge is not good there are still many respondents who have a positive attitude as many as 12 respondents and equal to the value of a negative attitude as many as 12 respondents as well. In this study, respondents who had poor knowledge and always had a positive attitude towards the incidence of menopause they always implemented a healthy life well and lacked knowledge because they had difficulty accessing social media and sometimes only got confusing information about menopause problems in the community.

Meanwhile, in poor knowledge with negative attitudes they said that they did not want to experience early menopause because if they experienced early menopause it would be more difficult to make their husbands feel satisfied with their sexual needs and assume that their husbands

will find a better partner out there. In interviews that have been carried out, the attitude of a person can be based on how the respondent has a background of knowledge and education so that a person's attitude will be based on how they act, and what background knowledge they have.

## CONCLUSION

There is noneThe relationship between mother's knowledge on attitudes towards menopause in women aged 40-45 years in Putra Lempuyang Village, Way Pengubuan District, Central Lampung Regency in 2022.

## SUGGESTION

For ResearchersIt is hoped that this research can be used as further knowledge for researchers about menopause problems and improve education to women with early menopause problems if they later encounter problems in the community.

For RespondentsBy doing this research, it can be used as a source of respondent's knowledge about problems and attitudes regarding the incidence of menopause at the age of 40-45 years and it is hoped that respondents will be able to find accurate information about problems in early menopause to avoid unpreparedness in dealing with menopause.

For Further ResearchersIt is hoped that it can be used as a source of reading and reference for further researchers regarding the problem of menopause at the age of 40-45 years and can be reproduced with more and more interesting research variables.

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