

THE EFFECT OF COUNSELING ON ANXIETY IN PERIMENOPAUSAL WOMEN IN THE WORK AREA OF WAY PANJI PUBLIC HEALTH CENTER LAMPUNG SELATAN

Kadek Meta Deviyanti¹, Susilawati², Ledy Octaviani Iqmy³Dainty Maternity⁴

^{1,2,3}Midwifery Study Program Faculty of Health Science Universitas Malahayati
E-mail : susilawati@Malahayati.ac.id

ABSTRAK : PENGARUH KONSELING TERHADAP KECEMASAN PADA WANITA PERIMENOPAUSE DI WILAYAH KERJA PUSAT KESEHATAN MASYARAKAT WAY PANJI, LAMPUNG SELATAN

Latar Belakang: Perimenopause merupakan masa menjelang menopause sampai usia 48 tahun. Ada banyak faktor yang mempengaruhi kecemasan ibu perimenopause dalam menghadapi masa menopause diantaranya yaitu pengetahuan, sikap, dukungan keluarga, kondisi ekonomi dan gaya hidup. Salah satu pendekatan terpenting untuk meningkatkan kesehatan wanita perimenopause adalah konseling tentang menopause.

Tujuan : diketahui pengaruh konseling dengan kecemasan pada wanita perimenopause di wilayah kerja Puskesmas Way Panji Kabupaten Lampung Selatan tahun 2022.

Metode: Penelitian ini kuantitatif dengan pendekatan one group pretest-posttest desain. Populasi dalam penelitian ini adalah wanita perimenopause di wilayah kerja Puskesmas Way Panji Kabupaten Lampung Selatan, yang berusia 45-49 tahun dengan jumlah sebanyak 98 orang dengan sampel yang digunakan sebanyak 30 responden. Pengambilan data dengan lembar observasi. Analisis data secara univariat dan bivariat (uji t).

Hasil : diketahui kecemasan pada wanita perimenopause sebelum diberikan konseling adalah 20,4 dan sesudah diberikan konseling adalah 10,9. Ada pengaruh konseling dengan kecemasan pada wanita perimenopause di wilayah kerja Puskesmas Way Panji Kabupaten Lampung Selatan tahun 2022 dengan nilai (p-value = 0,000).

Kesimpulan : Terdapat pengaruh konseling dengan kecemasan pada wanita perimenopause di wilayah kerja Puskesmas Way Panji Kabupaten Lampung Selatan tahun 2022. Saran: diharapkan tenaga kesehatan khususnya Bidan secara umum memberikan dan melakukan penyuluhan atau konseling tentang kesehatan reproduksi pada masa menopause.

Kata Kunci : Kecemasan pada wanita perimenopause dan konseling

ABSTRACT

Background: Perimenopause is the period leading up to menopause until the age of 48 years. Many factors influence anxiety in perimenopausal women in dealing with menopause, including knowledge, attitudes, family support, economic conditions, and lifestyle. One of the most important approaches to improving perimenopausal women's health is by conducting counseling about menopause.

Purpose: to determine the effect of counseling on anxiety in perimenopausal women in the work area of Way Panji public health center, Lampung Selatan in 2022.

Methods: This study is a quantitative study with one group pretest-posttest design approach. The population in this study were 98 perimenopausal women aged 45 – 49 years in the work area of Way Panji public health center, Lampung Selatan. Then, the sample in this study was 30 respondents. The data were collected using an observation sheet. Then, univariate and bivariate data analysis used t-test.

Results: the results of this study showed that anxiety in perimenopausal women before being given counseling was 20.4 and after being given counseling was 10.9. It means that there is an effect of counseling on anxiety in perimenopausal women in the work area of Way Panji public health center Lampung Selatan in 2022 with the p-value = 0.000.

Conclusion: there was an effect of counseling on anxiety in perimenopausal women in the work area of Way Panji public health center Lampung Selatan in 2022.

Suggestion: it is hoped that health workers, especially midwives, provide and carry out counseling about reproductive organs' health during menopause.

Keywords: anxiety in perimenopausal women, counseling

INTRODUCTION

Perimenopause is the period leading up to menopause until the age of 48 years indicated by various symptoms including a burning sensation on the face often occurring at night, vaginal dryness, and so on (Siregar, 2022). The age range to experience perimenopause is 45 years.

However, it can occur in the age range of 48 years with a span of 1-5 years and with an average age of 47-51 years. The world population of women aged 45-49 years is 10.1 billion (Statiska, 2022). The total population of women aged 45-49 years in Indonesia in 2019 was 8,876 million (Badan Pusat Statistik, 2020). In Lampung Province, the population of women aged 45-49 years in 2021 was 296,479 people (Lampung Health Office, 2021). Then, in Lampung Selatan, the population of women aged 45-49 years in 2021 was 32,071 people (Dinkes Lampung Selatan, 2021).

According to the World Health Organization (WHO), it is estimated that 77% of women in the world experience anxiety, and 25% are experienced by women during menopause with various symptoms. Whilst, in the United States there are 40 million women who experience anxiety and depression during menopause (Sulistiyaningsih, 2018).

The perimenopause stage has symptoms of physical changes, vasomotor instability, and psychological changes. The physical changes include changes in menstrual patterns in which menstrual cycles become shorter (2-7 days) and irregular, and the amount of blood during menstruation is irregular. Vasomotor instability includes experiencing hot flushing and insomnia, disturbances in sexual, and somatic symptoms, and psychological changes include psychological disturbances, depression, irritability, mood changes, anxiety, and reduced concentration (Proverawati, 2012).

Perimenopause and menopause syndromes are experienced by many women in the world, approximately 70-80% of European women, 60% women in America, 57% women in Malaysia, 18% women in China, and 10% women in Japan and Indonesia. Based on the population and the health status of the Indonesian people in 2000, the population in Indonesia reached 203.46 million people with 101.81 million women, and 25% or 15.5 million women in Indonesia will reach menopause age. This number increased to 11% in 2005. In 2008, 5.320.000 women were at menopause age. In 2015, it was estimated that this number would increase by 14%. In 2020, it was estimated that the

number of women at menopause age was 30.3 million people (Yazia, 2020).

Physical and psychological symptoms can be due to hormonal changes occurred during menopause. These symptoms can interfere with the quality of life of postmenopausal women. The results of a study conducted by Wari (2017) showed that physical changes during menopause cause anxiety in women. If the anxiety is not treated immediately, it can lead to an increase in women's morbidity and as a trigger for depression or stress (Proverawati, 2012). One of the causes of anxiety is the lack of understanding about menopause.

It is in line with the results of a study conducted by Rofi'ah (2019) showing that more than half of the respondents, 53 respondents (53%, had poor knowledge about menopause. In addition, a study carried out by Yazia (2020) focusing on anxiety levels in premenopausal women experiencing menopause showed that 24 respondents (43%) had mild anxiety levels, 18 respondents (32%) had moderate anxiety levels, 11 respondents (20%) had no anxiety, 3 respondents (5%) had severe anxiety level, and no one experienced panic level.

The anxiety felt by a perimenopausal mother is generally due to the end of the reproductive period which means the cessation of sexual desire and realizing that she will grow old, which means her beauty will fade. Moreover, the vitality and function of the body's organs will also decrease. It will certainly decrease her pride as a woman, and it is feared that this situation will affect her relationship with her husband and social environment. In addition, aging is often associated with an age prone to disease, and if this condition is not treated immediately, it will result in stress or even depression (Yazia, 2020).

Some of the physical symptoms experienced by a woman who enters the menopause phase are a feeling of heat or hot flues. It is a sudden sensation of heat and sweating, especially in the upper body. Hot flushes are most intense in perimenopausal and postmenopausal women who often experience night sweats, insomnia, headaches, difficulty holding urination, increased heart rate, and weight gain. In addition, it is also accompanied by several prominent psychological symptoms in the form of changing moods, irritability, unstable emotions, feeling worthless, and the emergence of anxiety that can interfere with daily activities (Septiani, 2019). The effect of anxiety in dealing with perimenopause includes depression, conflicts in the family, fear of loss of ability to reproduce, fear of decreasing appearance such as wrinkles on the

skin, and thinking that oneself is getting old, unhealthy, not fit anymore, and not beautiful anymore (Widiastuti, 2020).

From the results of a study conducted in Sidomulyo, Batu District, Batu City, it was found that 32.182% of respondents who entered the menopausal period experienced depression. Depression experienced by women who enter the menopause period is theoretically due to their negative perception of menopause. This perception is caused by a lack of information and myths that develop among women which can lead to the emergence of symptoms of fear, tension, sadness, irritability, nervousness, stress, and depression.

Many factors influence the anxiety in perimenopausal women in dealing with menopause including knowledge, attitudes, family support, economic conditions, and lifestyle. Factors that affect anxiety in dealing with menopause are thoughts, and errors in the cognitive process so that there is a fear of being old and unattractive. Anxiety can be due to the family, social environment, increase or decrease in family members, and changes in habits. Factors that influence changes in the mental condition of perimenopausal women facing menopause include physical changes, general health, education level, heredity, environment, sensory nervous disorders (blindness and deafness), impaired self-concept due to loss of position, loss of friends, loss of family, loss of physical strength and sturdiness, changes in self-image and self-concept (Yazia, 2020).

One of the most important approaches to improving perimenopausal women's health is conducting counseling about menopause. A study conducted by Hamidzadeh and Mishra showed

that women's belief in their ability to treat menopausal symptoms is one of the most important factors. Several studies have also found that individual adjustment and resilience are directly associated with their self-efficacy, so counseling is a very important factor in improving the mental health of postmenopausal women (Ebrahimi, 2019).

A preliminary study was conducted in the work area of Way Panji public health center. The

data were collected from two women aged 40-50 years who felt perimenopausal symptoms including feeling restless and anxious without any cause. Further, the results of the interviews with the two respondents showed that no health workers have provided counseling related to

self-confidence which can reduce anxiety experienced by perimenopausal women. Therefore, considering the importance of recognizing menopausal symptoms related to women's health and the lack of information about this phenomenon, as well as the lack of studies on the effect of counseling on anxiety in perimenopausal women, the researchers are interested in conducting a study on the "the effect of counseling on anxiety in perimenopausal women in the work area of Way Panji public health center Lampung Selatan in 2022".

RESEARCH METHODS

This study is a quantitative study with one group pretest-posttest design approach. The subjects in this study were 98 perimenopausal women aged 45 – 49 years in the work area of Way Panji public health center, Lampung Selatan. The object of the study was counseling and anxiety levels in perimenopausal women. This study was carried out in the work area of Way Panji public health center, Lampung Selatan Regency in May-June 2022. The data were collected using an observation sheet. Then, univariate and bivariate data analysis used t-test.

RESEARCH RESULTS AND DISCUSSION

Based on table 1 above, the respondents aged 46-49 were 24 (80%) and the decrease in anxiety was more common in the respondents aged 46-49 years. Then, the statistical results showed that there was no relationship between age and anxiety in perimenopausal women. The respondents with elementary-junior high school education were 66.7%, and the respondents with education level > junior high school were 33.3%. The decrease in anxiety was more common in the respondents with education level > junior high school, but the statistical results showed that there was no relationship between education level and anxiety in perimenopausal women. The respondents who have no occupation were 53.3% and the respondents who have an occupation were 46.5%. Further, the respondents who have no occupation had more anxiety reductions when compared to the respondents who have an occupation, but the statistical results showed that there was no relationship between the type of occupation and anxiety in perimenopausal women.

Table 1
Characteristics of Respondents

Variables	F	%	Anxiety			
			before	after	change	p-value
Age						
40 - 45	6	20,0	22.67	12.50	10.17	0,630
46 - 49	24	80,0	19.92	10.50	9.42	
Education						
Primary – junior high school	20	66.7	20.85	11.00	9.85	0.486
> Junior high school	10	33.3	19.70	10.70	9.00	
Occupation						
Having no occupation	16	53,3	20.19	10.75	9.44	0,811
Having an occupation	14	46,7	20.79	11.07	9.72	

Univariate Analysis

Table 2 above shows that the anxiety in perimenopausal women before being given counseling is 20.4, with a standard deviation of 3.4, the minimum value of 14, and the maximum value of 26.

Table 3 above shows that the anxiety in perimenopausal women after being given

counseling is 10.9, with a standard deviation of 3.0, the minimum value of 5, and the maximum value of 17.

Based on table 4 above, the result of the data normality test using Shapiro-Wilk for both variables in the intervention group before and after showed a significant value > 0.05, which means the data are normal.

Table 2
The average anxiety in perimenopausal women before being given counseling in the work area of Way Panji public health center Lampung Selatan in 2022

Anxiety	Mean	SD	Min	Max
Before	20.4	3.4	14	26

Table 3
The average anxiety in perimenopausal women before being given counseling in the work area of Way Panji public health center Lampung Selatan in 2022

Anxiety	Mean	SD	Min	Max
After	10.9	3.0	5	17

Table 4. Data Normality Test

Variables	Counseling	Shapiro-Wilk	Description
Anxiety	Before	0.250	Normal
	After	0.485	Normal

Bivariate Analysis

Table 5
The effect of counseling on anxiety in perimenopausal women in the work area of Way Panji public health center Lampung Selatan in 2022

Group	N	Difference Mean	SD	t-test	p-Value
Anxiety before and after counseling	30	9.5	0.5	17.0	0.000

Based on table 5 above, the results of the statistical test showed the $p\text{-value} = 0,000$ ($p\text{-value} < \alpha = 0,05$) meaning that there is a significant effect of counseling on anxiety in perimenopausal women in the work area of Way Panji public health center Lampung Selatan in 2022.

DISCUSSION

The effect of counseling on anxiety in perimenopausal women in the work area of Way Panji public health center Lampung Selatan in 2022

The results of the statistical test showed the $p\text{-value} = 0,000$ ($p\text{-value} < \alpha = 0,05$) meaning that there was a significant effect of counseling on anxiety in perimenopausal women in the work area of Way Panji public health center Lampung Selatan in 2022.

The results of this study are in line with the results of a study conducted by Widorini (2017) showing that the significance value was $0.000 < \alpha$ (0.05) meaning that H_0 was rejected, and then it could be concluded that there was an effect of counseling related to menopause on the level of anxiety in menopausal women in dealing with menopause. In addition, the results of a study conducted by Rofi'ah (2019) showed that there was an effect of counseling on perimenopausal women's anxiety, with the $p\text{-value}$ of 0.000 and the $Z\text{-value}$ of -6.647. The results of a study carried out by Pusparani (2018) using Wilcoxon paired test showed the $Z\text{-value}$ was -6,647 and $p\text{-value} = 0.000$, which means that counseling could increase 6x changes/decreases and there was an effect of counseling in reducing perimenopausal women's anxiety.

Women approaching menopause will experience a decrease in various body functions so that which will affect discomfort in living their lives. Thus, it is important for a woman to always think positively that the condition is something natural and experienced by others as well. This positive attitude can emerge if it is balanced by sufficient information or knowledge, so that women/mothers are better prepared physically, mentally, and spiritually (Kasdu, 2018).

One of the most important approaches to improving perimenopausal women's health is conducting counseling about menopause. A study conducted by Hamidzadeh and Mishra showed that women's belief in their ability to treat menopausal symptoms is one of the most important factors. Several studies have also found that individual adjustment and resilience are directly associated with their self-efficacy, so counseling is a very

important factor in improving the mental health of postmenopausal women (Ebrahimi, 2019).

The anxiety can be overcome if women/mothers know about menopause. Thus, they need to take part in health education activities about menopause because these activities can add information about menopause so that women/mothers are better prepared to face menopause (Suliswati, et al, 2015).

Then, Taufik (2018) in his study emphasized that IEC is a strategy of the health education method by increasing trusting relationships with clients so that it can help change behavior in a positive direction. Information Communication Education about menopause is needed by women because many women feel anxious about entering the menopause phase. Women need to know all about menopause. Anxiety during menopause can be reduced by increasing women's knowledge. Women who have good knowledge about menopause certainly will not worry about the problems faced before menopause, because they can take the right actions in dealing with menopause.

Based on the results of this present study, the respondents aged 46-49 were 24 (80%) and the decrease in anxiety was more common in the respondents aged 46-49 years. Then, the statistical results showed that there was no relationship between age and anxiety in perimenopausal women. It is because the maturer the age of the respondents, the wiser the respondents deal with the problems. Moreover, women have started to get used to the changes that occur in their bodies, so the decrease in anxiety occurs more in women at the age of > 45 years.

Based on the results of this study, the respondents with elementary-junior high school education were 66.7%, and the respondents with education level > junior high school were 33.3%. The decrease in anxiety was more common in the respondents with education level > junior high school, but the statistical results showed that there was no relationship between education level and anxiety in perimenopausal women. A good education will affect the better knowledge of a person. It is because someone well-informed will generally be easy to receive information. Thus, the respondents who have a lot of information will think and have many ways to overcome the problems they are experiencing, including anxiety problems before menopause. Therefore it can be concluded that respondents with higher education tend to experience more decrease in anxiety after being

given information related to conditions that will occur during menopause.

Education is an activity or human effort to improve personality or the process of changing behavior towards achieving maturity and perfecting human life by fostering and developing personal potential, in the form of spiritual (creation, taste, and intention) and physical. It was proven in this study that the respondents who have a higher level of education experienced a decrease in anxiety. It is because the higher the education of women, the wider the women's insight so that they can find alternative solutions to overcome the problems, and their emotional control will also be better. With good emotional control, the women's anxiety level will be reduced. The higher the education level of a person, the higher his intellectual level.

The results of this present study also showed that the respondents who have no occupation were 53.3% and the respondents who have an occupation were 46.5%. Further, the respondents who have no occupation had more anxiety reductions when compared to the respondents who have an occupation, but the statistical results showed that there was no relationship between the type of occupation and anxiety in perimenopausal women. It is because individuals who do not work tend to have a lighter mind load than those who work so the workload, which is one of the anxiety factors in the individual, is not felt, but the anxiety experienced can be due to other factors. In contrast, individuals who work tend to experience anxiety because of their workload and household chores.

The process of receiving information by a person begins when the senses catch stimuli, then these stimuli are converted into signals that can be understood and then processed by the brain. This is where the perception process occurs, namely understanding messages that have been processed by the sensory system. Everyone's perception will be different. The difference in perception will cause a different stimulus to the brain so that it can affect the psychological condition of the recipient of the information. If the perception generated is positive, it will have a positive impact as well, and vice versa. When someone receives information in a condition that is not optimal due to other psychological burdens from work, it will affect the acceptance of the information provided.

Counseling is an effort to increase perimenopausal women's knowledge in dealing with perimenopause and menopause in which a woman will experience physical and psychological changes. The results of this study showed that most

of the anxiety levels of perimenopausal women/mothers before being given IEC (Information, Communication, and Education) about menopause were in the moderate category. Then, after being given counseling, the anxiety levels were in the mild category. The moderate category of perimenopausal maternal anxiety is common because it is related to factors that affect anxiety including environmental factors, suppressed emotional factors, physical factors, and heredity. It worsens by menstrual irregularities that subconsciously increase women's anxiety that their sexual and physical attractiveness is reduced. Consequently, women have thought that they are getting older, feel rejected, and reach the end of their life. The perimenopausal period is a natural phase that will be experienced by every woman which usually occurs over the age of 40 years. The respondents in this study are in the climacteric phase, where at this age the symptoms are experienced as a result of physical and psychological changes.

Based on the results of this study, the anxiety level changes from moderate to mild. This change can occur because the respondents' knowledge about menopause increases from not knowing to know. The respondents who initially did not know about menopause are worried about the changes that occur both in their sexual and physical aspects. Then, with knowledge about menopause, the respondents are no longer worried because experiencing menopause is something natural for every woman in her lifetime. Thus, it is very necessary for women who experience menopause to seek objective information about everything related to menopause. The information about menopause is also very important for women who have not experienced menopause. In addition, it is also important for women to build communication with their husbands and children so that all of them understand the condition of their wives and mothers. Support from all extended family members is very essential for the mental health condition of women who are experiencing menopause. Further, the improvement of religious life is also very important for women who are experiencing menopause, so that they can more fully accept God's provisions with full trust and sincerity.

CONCLUSIONS

The results of this study showed that the anxiety in perimenopausal women before being given counseling was 20.4, with a standard deviation of 3.4, the minimum value of 14, and the

maximum value of 26. Then, the anxiety in perimenopausal women after being given counseling was 10.9, with a standard deviation of 3.0, the minimum value of 5, and the maximum value of 17. Therefore, there was an effect of counseling on anxiety in perimenopausal women in the work area of Way Panji public health center Lampung Selatan in 2022 (p-value = 0.000).

REFERENCES

- Dinkes. Prov. Lampung. (2021). *Profil Kesehatan Lampung tahun 2020*. Bandar Lampung: Dinkes Prov. Lampung.
- Ebrahimi, M., & Rahimi, B. (2019). The Effect Of Self-Efficacy Counseling On The Management Of Menopausal Symptoms In Psychological Dimension In Perimenopause Women Referred To Health Centers In Mahabad City. *Menopause*, 3, 5.
- Feldman, P., & Papalia, D. (2014). Menyelami Perkembangan Manusia (Experience Human Development). *Jakarta: Salemba Humanika*, 384.
- Fitriani, H., & Rohman, R. Y. (2016). Pengaruh konseling terhadap kecemasan remaja putri yang mengalami menarche. *Jurnal Keperawatan BSI*, 4(2).
- Hastono, S. P. (2016). Analisis data pada bidang kesehatan. *Jakarta: Raja Grafindo Persada*.
- Hawari, D. (2013). *Manajemen stress, cemas dan depresi*. Fakultas Kedokteran Universitas Indonesia.
- Indah, B. L. (2018). *Efektivitas Health Education Menopause Dan Relaksasi Otot Progresif Terhadap Perubahan Tingkat Kecemasan Premenopause Di Desa Banjarsari Kecamatan Dagangan Kabupaten Madiun* (Doctoral dissertation, STIKES Bhakti Husada Mulia).
- Kaplan, H. I., & Sadock, B. J. (2015). Buku ajar psikiatri klinis. *Jakarta: EGC*.
- Kusmiran, E. (2011). Kesehatan reproduksi remaja dan wanita. *Jakarta: Salemba Medika*, 21.
- Mubarak, W. I. (2012). Promosi kesehatan untuk kebidanan.
- Notoatmodjo, (2018). *Metodologi Penelitian Kesehatan*. Ed. Rev. Jakarta: Rineka Cipta.
- Notoatmodjo. (2014). Promosi Kesehatan dan Ilmu Prilaku. Jakarta : Rineka Cipta.
- Nursalam, D. (2016). *Manajemen Keperawatan" Aplikasi dalam Praktik Keperawatan Profesional*. Proverawati, A., & Sulistyawati, E. (2012). Menopause dan sindrom premenopause. *Yogyakarta: Nuha Medika*.
- Purwoastuti, D. W., & Walyani, E. S. (2015). *Komunikasi Dan Konseling Kebidanan*. Yogyakarta: Pustaka Baru.
- Pusparani, L. (2018). Pengaruh Konseling Terhadap Kecemasan Wanita Perimenopause. Riyanto, (2017). *Aplikasi Metodologi Penelitian Kesehatan*. Jakarta: Nuha Medika.
- Rofi'ah, S., Pusparani, L., & Idhayanti, R. I. (2019). Konseling Dalam Upaya Menurunkan Kecemasan Wanita Perimenopause. *Jendela Inovasi Daerah*, 2(1), 38-54.
- Salim RA & Jubilee (2015) *(un) Complicates perimenopause: mengurai kerumitan wanita usia perimenopause (usia 40 tahunan)*. PT Elex Media Komputindo: Jakarta
- Septiani, M., & Muslihati, C. (2019). Faktor-Faktor Yang Memengaruhi Kecemasan Dalam Menghadapi Menopause Di Desa Meunasah Dayah Kecamatan Peusangan Kabupaten Bireuen. *Journal Of Healthcare Technology And Medicine*, 5(2), 330-340.
- Siregar, R. J., & Yusuf, S. F. (2022). *Kesehatan Reproduksi Lansia*. Pt Inovasi Pratama Internasional.
- Solehati, T., & Kosasih, C. E. (2015). Konsep dan aplikasi relaksasi dalam keperawatan maternitas. *Bandung: PT. Refika Aditama*.
- Sormin, E. (2018). *Hubungan Menarche Dengan Menopause Di Desa Lumban Sormin Kecamatan Pangaribuan Kabupaten Tapanuli Utara Tahun 2018* (Doctoral dissertation, Institut Kesehatan Helvetia).
- Stuart, G. W. (2013). *Buku Saku: Keperawatan Jiwa*. Egc.
- Sugiyono. (2018). *Metode penelitian Kuantitatif Kualitatif dan R&D*. Bandung: ALFABETA
- Sulistyaningsih, S. H. (2018). Analisis Faktor Yang Mempengaruhi Tingkat Kecemasan Wanita Masa Premenopause Usia 40-50 Tahun Di Desa Krikilan Kecamatan Sumber Kabupaten Rembang. *Jurnal Ilmu Kebidanan dan Kesehatan (Journal of Midwifery Science and Health)*, 9(2).
- Taviyanda, D. (2017). Gambaran Tingkat Pendidikan Dan Tingkat Kecemasan Pada Wanita Usia 45-55 Tahun Menghadapi Perubahan Fisiologis. In *Prosiding Seminar Nasional Dan Workshop Publikasi Ilmiah*.
- Trisetiyaningsih, Y., Hapsari, E. D., & Widad, S. (2016). Pengaruh pendidikan kesehatan tentang menopause terhadap perubahan

- kualitas hidup perempuan klimakterik. *Jurnal Keperawatan Padjadjaran*, 4(2).
- Wari, F. E. (2017). Kecemasan Ibu Dalam Menghadapi Perubahan Fisik Masa Menopause Di Desa Sambung Rejo Kecamatan Sukodono Kabupaten Sidoarjo. *Hospital Majapahit (Jurnal Ilmiah Kesehatan Politeknik Kesehatan Majapahit Mojokerto)*, 9(1).
- Widiastuti, N. M. R., & Kopa, Y. A. (2020). Pengetahuan Ibu Menopause Tentang Perubahan Fisiologi Dan Psikologi Pada Masa Menopause. *Jurnal Genta Kebidanan*, 9(2), 6-10.
- Widorini, D. E., Surachmindari, S., & Triningsih, R. W. (2017). Pengaruh Edukasi Terhadap Tingkat Kecemasan Pada Ibu Dalam Menghadapi Menopause Di Kelurahan Oro-Oro Dowo Kota Malang. *Jurnal Ilmu Kesehatan*, 6(1), 14-21.
- Yanti, S., Erlamsyah, E., Zikra, Z., & Ardi, Z. (2013). Hubungan antara Kecemasan dalam Belajar dengan Motivasi Belajar Siswa. *Konselor*, 2(1).
- Yazia, V., & Hamdayani, D. (2020). Faktor-Faktor yang Berhubungan dengan Tingkat Kecemasan Ibu Premenopause