

ANALYSIS OF PREMENOPAUSE ANXIETY LEVEL IN WEST KARAJAN HAMLET WEST CIKAMPEK VILLAGE KARAWANG REGENCY IN 2021

Irmayanti¹, Anni Suciawati², Rukmaini³

¹Fakultas Ilmu Kesehatan, Universitas Nasional Jakarta
email:

irma1985yanti@gmail.com¹

² Fakultas Ilmu Kesehatan, Universitas Nasional Jakarta
Wijaya.tzuchi@gmail.com²

³ Fakultas Ilmu Kesehatan, Universitas Nasional Jakarta
Rukma.z@gmail.com³

Abstract

Development and growth in the human body process along with increasing age. The development and growth in the process will change gradually according to the stages. Most of these changes occur in women because in the aging process a phase occurs which was the menopause phase. Many premenopausal women complain that with the arrival of menopause they will become anxious, they are anxious towards the end of their reproductive period and realize that they will grow old which means their beauty will fade and the function of their organs will decrease, thereby eliminating their pride as a woman. This study aimed to determine the factors associated with premenopausal anxiety levels in West Karajan Hamlet, West Cikampek Village, Karawang Regency in 2021. This study was a correlational analytic study with a Cross Sectional approach. The sample in this study was 72 premenopausal women. The sampling technique used was purposive sampling technique. The research instrument consisted of a questionnaire about education level, knowledge level, financial material assets, family support and socio-cultural support. This questionnaire has been tested for validity using Cronbach's alpha with an r table value of 0.514 and reliability testing with a value > 0.6. Data were analyzed using chi-square correlation test with a significant level of <0.05 to determine the relationship between education level, knowledge level, financial material assets, family support and socio-cultural support with premenopausal anxiety level. The results showed the relationship between education level and anxiety which obtained a p value of 0.689 ($p > 0.05$). The relationship between the level of knowledge and anxiety obtained a p value of 0.009 ($p < 0.05$). The relationship between financial material assets and anxiety has a p value of 0.58 ($p > 0.05$). The relationship between family support and anxiety has a p value of 0.001 ($p < 0.05$). The socio-cultural relationship between support and anxiety has a p value of 0.000 ($p < 0.05$). The conclusion of this study was no significant relationship between the level of education and financial material assets on the level of premenopausal anxiety. There was a significant relationship between the level of knowledge, family support and socio-cultural support to the level of premenopausal anxiety.

Keywords: Premenopausal, Education, Knowledge, Financial Material Assets, Family Support, Socio-Cultural Support, Anxiety.

1. PRELIMINARY

The development and growth of the human body proceed with age. The development and growth in the process will change gradually according to the stages. Most of these changes occur in women because in the aging process a phase occurs, namely the menopause phase. Before the menopausal phase occurs, the premenopause phase occurs where the menopausal phase is a transition from the fertile period to the anovulatory period.

According to Nugroho (in Monica, 2017:1), premenopause is when the body begins to enter a period of transition to menopause and changes will occur which are the decline in reproductive function, hormonal changes, physical changes, and psychological changes in a woman. Premenopause is a phase where a woman will experience menstrual pattern chaos, psychological/psychological changes, physical changes occur (Manuaba in Monica, 2017: 1).

According to Prawirohardjo (in Rahayu, 2014:2), premenopause is a period before menopause that occurs at an average age of 40-50 years. When women reach their 40s, anovulation becomes more prominent, the length of the menstrual cycle increases.

Premenopausal 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 in Japan and Indonesia (Proverawati, 2017).

Premenopausal symptoms occur due to decreased estrogen levels causing symptoms that greatly interfere with the activities of women's lives, even threaten household happiness, problems that arise are the loss of fertility and increased changes that cause anxiety and worry in women. Problems that arise as a result of premenopause is called premenopausal syndrome. Problems that occur in the form of physical and psychological problems. Physiological changes experienced by menopausal women in the form of changes in the reproductive organs (Fallopian Tubes, Cervix, Vagina, Pelvic Floor, perineum and anus, urinary bladder, breast glands. As for changes in organs outside of reproduction (fat accumulation adiposity, hypertension, high cholesterol, calcification) blood vessel walls,

growth of fine hairs, bone loss) (Puspitasari, 2020).

Based on the results of the 2020 population census, currently there are 19 million Indonesian women entering menopause. Whereas in the previous year the number of people entering menopause was 18 million women (Bappenas 2019). From these data there is an increase in the number of people who are in the phase of entering menopause. The increasing number, as a result of the increasing population of the elderly and the high life expectancy, has been accompanied by an improvement in the health status of the community. The number and proportion of the female population aged 40-49 years and is estimated to enter the age of menopause from year to year has also experienced a very significant increase.

In West Java Province in 2019, women who have entered the premenopause period with an age range of 40-49 years are 3.419.794 million people (Badan Pusat Statistik, 2020a). Whereas in the previous year the number of women who entered the premenopause period was 3,350,909 million people (Badan Pusat Statistik, 2019). This data shows that there is an increase in the population of women entering menopause in West Java Province along with the increase in Indonesia. For Karawang Regency itself, there are 153.507 thousand women who enter premenopausal age (Badan Pusat Statistik, 2020b).

Psychological changes that occur during menopause can cause different attitudes, including the existence of a crisis that is manifested in psychological symptoms such as depression, irritability, easily suspicious, filled with a lot of anxiety, insomnia or unable to sleep, because they are very confused and restless. Many premenopausal women complain that with the arrival of premenopause they will become anxious, they are anxious towards the end of their reproductive period and realize that they will grow old which means their beauty will fade and the function of their organs will decrease, thereby eliminating their pride as a woman.

Based on data from the Cikampek District Health Office, data on premenopausal women with an age range of 40-49 years in the West Karajan Hamlets area in 2021 were 115 people. This data will then become the research

population which is then used as research respondents.

There are two factors that influence anxiety, namely internal factors and external factors. Internal factors that affect anxiety include age, experience, and physical assets. While external factors include knowledge, education, financial material assets, family, medicine, and socio-cultural support. External factors quite a lot affect a person's level of anxiety (Adikusumo in Monica, 2017).

Similar research was conducted by Selpina Oktaviani and Ketut Resmaniasih in Pahandut District, Palangkaraya City in 2018. There were 125 respondents aged 45-55 years. The factors studied were education, work, income, and husband's support. The results of the study indicate that the factors that have a significant effect on the anxiety level of premenopausal women are income factors and husband's support. While the education and work factors showed no significant effect. The conclusion of the assessment is that the better the significant factor, the lower the level of anxiety experienced (Oktapiani, 2018).

In this study, researchers want to analyze the level of premanopause anxiety with different factors from the above research. Researchers will examine the anxiety factors proposed by Adikusumo as previously mentioned. Researchers are interested in analyzing the level of premenopausal anxiety in West Karajan Hamletss, West Cikampek Village, Karawang Regency.

2. METHODOLOGY

This study uses a correlational analytic study with a Cross Sectional design. The sample in this study were 72 premenopausal women that facing menopause aged within 45-54 years in West Karajan Hamlets, West Cikampek Village, Karawang Regency. The sampling technique in this study was purposive sampling, the samples involved in this study were those that met the inclusion and exclusion criteria in accordance with the research objectives. Inclusion criteria are criteria where research subjects represent research samples that meet the requirements as samples wich are women

who have husbands and children, willing to be a respondent. Exclusion criteria are criteria where the research subject cannot represent the sample because it does not meet the requirements as a sample which are women who do not have husbands and children, not willing to be a respondent, respondent who did not fill out the questionnaire completely. The research instrument that used in this research consisted of The research instrument consisted of a questionnaire about education level, knowledge level, financial material assets, family support and socio-cultural support. This questionnaire has been tested for validity using Cronbach's alpha with an r table value of 0.514 and reliability testing with value >0.6. The anxiety questionnaire using Hamilton Rating Scale for Anxiety (HAR-S). The data were analyzed using the chi square correlation test with a significant level of <0.05 to determine the relationship between education level, knowledge level, financial material assets, family support and socio-cultural support with premenopausal anxiety level.

3. RESULT AND DISCUSSION

1. Univariate Analysis

a. Anxiety Level

Table 1.
Respondent Distribution of Anxiety Level

Anxiety Level	Frequency	Percentage
Heavy anxiety	16	22,2
Moderate anxiety	16	22,2
Midl anxiety	18	25,0
No anxiety	22	30,6
Total	72	100

Based on the table 1, it can be seen that the respondent's level of anxiety at most is not having anxiety as much as 22 (30.6%) while the least is the level of moderate anxiety as much as 16 (23.6%) respondents and also the level of severe anxiety as much as 16 (22 ,2) respondents.

b. Education Level

Table 2.
Respondent Distribution of Education Level

Education Level	Frequency	Percentage
High	29	40,3
Low	43	59,7
Total	72	100

Based on the table 2, it can be seen that the highest level of education is low education as many as 43 (59.7%) respondents while the higher education level is 29 (40.3%) respondents.

c. Knowledge level

Table 3.
Respondent Distribution of Knowledge Level

Knowledge Level	Frequency	Percentage
Good	26	36,1
Less	46	63,9
Total	72	100

Based on the table 3, it can be seen that the highest level of knowledge is lack of knowledge as many as 46 (63.9%) respondents while the level of good knowledge is as many as 26 people (36.1%) respondents.

d. Financial Material Asset

Table 4.
Respondent Distribution of Financial Material Asset

Financial Material Asset	Frequency	Percentage
Lots	28	38,9
A Little	44	61,1
Total	72	100

Based on the table 4, it can be seen that the most respondents are those who have few financial material assets, namely 44 (61.1%) respondents while

those who have a lot of financial material assets are 28 (38.9%) respondents.

e. Family Support

Table 5.
Respondent Distribution of Family Support

Family Support	Frequency	Percentage
High	49	68,1
Low	23	31,9
Total	72	100

Based on the table 5, it can be seen that the respondents with the most family support were high family support as many as 49 (68.1%) respondents while low family support as many as 23 (31.9%) respondents.

f. Socio-cultural support

Table 6.
Respondent Distribution of Socio-cultural Support

Socio-cultural Support	Frequency	Percentage
Good	42	58,3
Less	30	41,7
Total	72	100

Based on the table 6, it can be seen that the respondents who have the most socio-cultural support are respondents with good socio-cultural support, namely 42 (58.3%) respondents while the socio-cultural support is less, namely 30 (41.7%) respondents.

2. Bivariate Analysis

a. Education Level

Tabel 7.
Relationship between Education Level and Premenopause Anxiety Level

Education Level	Premenopause Anxiety Level								P Value		
	No Anxiety		Mild Anxiety		Moderate Anxiety		Heavy Anxiety				
	N	%	N	%	N	%	N	%			
High	11	37,9	7	24,1	5	17,2	6	20,7	29	100	0,689
Low	11	25,6	11	25,6	11	25,6	10	23,3	43	100	

Total	22	30,6	18	25,0	16	22,2	16	22,2	72	100
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Based on the table 7, it is known that 11 respondents (37.9%). The results of the chi-square statistical test with a significance level = 0.05 obtained a p-value of 0.689 (p-value >) so that it means there is no relationship between education level and premenopause level.

b. Knowledge Level

Table 8.
Relationship Between Knowledge Level and Premenopause Anxiety Level

Knowledge Level	Premenopause Anxiety Level								P Value		
	No Anxiety		Mild Anxiety		Moderate Anxiety		Heavy Anxiety				
	N	%	N	%	N	%	N	%			
Good	13	50,0	8	30,8	3	11,5	2	7,7	26	100	0,009
Less	9	19,6	10	21,7	13	28,3	14	30,4	46	100	
Total	22	30,6	18	25,0	16	22,2	16	22,2	72	100	

Based on the table 8, it is known that respondents who have a good level of knowledge do not experience anxiety, as many as 13 people (50.0%). The results of the chi-square statistical test with a significance level of = 0.05 obtained a p-value of 0.009 (p-value <) so that it means that there is a relationship between the level of knowledge and the level of premenopausal anxiety.

c. Financial Material Assets

Table 9.
Relationship Between Financial Material Asset and Premenopause Anxiety Level

Financial Material Assets	Premenopause Anxiety Level								P Value		
	No Anxiety		Mild Anxiety		Moderate Anxiety		Heavy Anxiety				
	N	%	N	%	N	%	N	%			
Lots	11	39,3	7	25,0	5	17,9	5	17,9	28	100	0,587
Less	11	25,0	11	25,0	11	25,0	11	25,0	44	100	
Total	22	30,6	18	25,0	16	22,2	16	22,2	72	100	

Based on the table 9, it can be seen that the majority of respondents who have financial material assets do not experience anxiety,

namely 11 people (39.3%). The results of the chi-square statistical test with a significance level of = 0.05 obtained a p-value of 0.587 (p-value >) so that it means that there is no relationship between financial material assets and premenopausal anxiety levels.

d. Family Support

Table 10.
Relationship Between Family Support and Premenopause Anxiety Level

Family Support	Premenopause Anxiety Level								P Value		
	No Anxiety		Mild Anxiety		Moderate Anxiety		Heavy Anxiety				
	N	%	N	%	N	%	N	%			
High	20	40,8	12	24,5	12	24,5	5	10,2	49	100	0,001
Low	2	8,7	6	26,1	4	17,4	11	47,8	23	100	
Total	22	30,6	18	25,0	16	22,2	16	22,2	72	100	

Based on the table 10, it is known that the majority of respondents who have low family support experience severe anxiety, as many as 11 people (47.8%). The results of the chi-square statistical test with a significance level of = 0.05 obtained a p-value of 0.001 (p-value <) so that it means that there is a relationship between family support and premenopausal anxiety levels.

e. Socio-cultural Support

Table 11.
Relationship Between Socio-cultural Support and Premenopause Anxiety Level

Socio-cultural Support	Tingkat Kecemasan Premenopause								P Value		
	No Anxiety		Mild Anxiety		Moderate Anxiety		Heavy Anxiety				
	N	%	N	%	N	%	N	%			
Good	20	47,6	16	38,1	3	7,1	3	7,1	42	100	0,001
Less	2	6,7	2	6,7	13	43,3	13	43,3	30	100	
Total	22	30,6	18	25,0	16	22,2	16	22,2	72	100	

Based on the table 11, it can be seen that the majority of respondents who have good socio-cultural support do not experience anxiety, as many as 20 people (47.6%). The results of the chi-square statistical test with a significance level of = 0.05 obtained

a p-value of 0.000 (p-value <) so that it means that there is a relationship between socio-cultural support and premenopausal anxiety levels.

DISCUSSION

1. Univariate Analysis

a. Education Level

Based on the results of the study, it is known that out of 72 premenopausal women, there are still many who have low levels of education. This is because the environment where the research was conducted is in a rural area so that the highest average education is only up to the first level of education (SMP).

According to Nanang Fattah, education is the process of a person developing abilities, attitudes, and other behaviors in the society in which they live, besides that education is also a social process that occurs in people who are faced with selected and controlled environmental influences (especially those who come from school), so that they can obtain optimum development of social skills and individual abilities. In other words, education is influenced by the environment of the individual to produce changes that are permanent (permanent) in behavior, thoughts, and attitudes. Education is not only seen as a means for preparation for the life to come, but also for the present life experienced by individuals in their development towards maturity (Fattah, 2009).

Hetti Setiyani (2019) in his research on the relationship between education level and anxiety of menopausal women stated that the higher the education level, the easier it is to accept the concept of healthy living independently, creatively and

sustainably. This shows that the education of postmenopausal women, the majority of whom have low education, can experience a higher risk of anxiety (Setiyani & Ayu, 2019).

Researchers assume that the number of women who have a low level of education will have an impact on the level of anxiety they experience in dealing with menopause. With a low level of education, women experience mild, moderate anxiety and some also experience severe anxiety. In contrast, women who have a high level of education tend not to experience anxiety in dealing with menopause even though there are some women who experience anxiety, because anxiety is not fully influenced by the level of education possessed by premenopausal women.

b. Knowledge Level

Based on the results of the study, it was found that out of 72 premenopausal women, many had a low level of knowledge. This is due to the lack of information about what symptoms or signs they will experience in dealing with menopause.

Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is an important domain in the formation of open behavior (Donsu, 2017).

Notoatmodjo (2014) suggests that knowledge or knowledge is the result of human sensing or the result of someone knowing about an object through their five senses. The five human senses for sensing objects are sight, hearing, smell, taste and touch. At the time of sensing to produce knowledge is influenced by the intensity of attention and perception

of the object.

Researchers assume that the number of women who have less knowledge about menopause will have an impact on the level of anxiety they experience in dealing with menopause. Women who have less knowledge experience severe anxiety due to the lack of knowledge that women have. Women feel common and anxious about the symptoms they experience in dealing with menopause. The less knowledge about eating, the higher the anxiety level of premenopausal women.

c. Financial Material Assets

Based on the results of the study, it is known that out of 72 premenopausal women, many have little financial material assets. This is because the mother's economic condition is middle to lower class.

Assets are all economic resources or value of wealth by a particular entity with the hope of providing economic and social benefits that can be measured in units of money, including non-financial resources. Assets can be categorized into movable and immovable assets. Movable assets can be in the form of capital, savings and debt, while immovable assets are land and buildings (Wikipedia). Abundant wealth will not cause the individual to experience stress in the form of financial turmoil, if this happens compared to other people whose financial assets are limited.

Researchers assume that women who have few financial material assets will allow for anxiety in dealing with menopause. However, there are some women who have a lot of financial material assets also experience anxiety in dealing with menopause due to other factors that

cause women to feel anxious including in this study, namely knowledge, family support and socio-cultural support.

d. Family Support

Based on the results of the study, it was found that out of 72 premenopausal women, many had high family support. This is because when the mother filled out the research questionnaire, the mother stated that the communication that was established with her husband and children was very good so that the mother received sufficient input and attention about what they experienced in dealing with menopause.

Family is the smallest unit of society consisting of the head of the family and several people who are gathered and live in one place under a roof in a state of interdependence. In a family there are two or more than two individuals who are joined by blood relations, marriage relations or adoption, in their lives in one household interact with each other and in their respective roles and create and maintain a culture (Wikipedia, 2021).

Researchers assume that premenopausal women who have high family support will have an impact on the level of anxiety they experience in dealing with menopause. The higher the family support, the lower the level of anxiety experienced by premenopausal women. Establishing good communication within the family can calm the mother about what she is facing at this time

e. Socio-cultural Support

Based on the results of the study, it was found that out of 72 premenopausal women, many had good socio-cultural support. This is

because the environment where the mother lives is generally a densely populated settlement and the communication between neighbors is very good. There are communities that support intense communication, namely a collection of recitation of women, a collection of PKK women at the RT/RW level, a collection of healthy heart gymnastics for premenopause, there is a posyandu for the elderly and so on where in the community women can tell what they are experiencing related to menopause they will face.

Socio-culture or culture is everything or values that apply in a society that are characteristic of that society (Andreas Eppink (Eppink in Agustarika, 2009). The way people live in society also greatly influences the emergence of anxiety (Agustarika, 2009). Individuals who have a very regular way of life and have a clear philosophy of life are generally more difficult to experience anxiety. One's culture can also be a trigger for anxiety.

Social support and community resources as well as the environment around the individual will greatly help a person in dealing with stressors, solving problems together and exchanging opinions with people around them will make the individual situation more prepared to deal with future stress.

Researchers assume that women who have good socio-cultural support will have an impact on the level of anxiety they experience. The better the socio-cultural support you have, the lower the level of anxiety experienced by premenopausal women will be. With good socio-cultural support, women will feel physically or psychologically helped in dealing with menopause so that

there is no anxiety for them.

2. Bivariate Analysis

a. Education Level

The results of the chi-square statistical test with a significance level of $\alpha = 0.05$ obtained a p-value of 0.689 ($p > \alpha$) so that it means there is no relationship between education level and premenopausal anxiety level.

The results of the study are in line with previous research conducted by Aprillia (2007) that most respondents who have secondary education experience mild anxiety by 48.94%. Likewise, most respondents with higher education also experience mild anxiety by 56.60%. Based on the results of statistical analysis obtained p value = 0.601 ($p > 0.05$) so it is evident that there is no significant effect between education level and anxiety level in perimenopausal women.

Ancok (1985) in Notoatmodjo (2005) states that it does not mean that someone with low education must have low knowledge as well. Because an increase in one's knowledge is not absolutely obtained in formal education but can also be obtained from other sources of information (Notoatmodjo, 2003).

Another study which is also in line with this research was conducted by Selpina Oktapiani (2018) that it is known that as many as 92 respondents with the majority level of basic education experienced severe anxiety as many as 59 people while respondents with secondary education level as many as 33 people experienced severe anxiety only as many as 14 people. The results of the Chi-Square test (95% confidence level) gave a significant p-value of 0.386, which means the p-value > 0.05 , which shows that there is no

significant relationship between education and maternal anxiety levels in dealing with menopause (Oktapiani, 2018).

Another study showed different from this research conducted by Velga Yazia (2019) is known that of the 25 women with higher education the majority experienced moderate anxiety as many as 19 people and from 35 women with low education experienced moderate anxiety as many as 24 people. The results of the statistical test (chi square) obtained p value = 0.000 meaning p value < 0.05, it can be concluded that there is a significant relationship between the level of education and the level of anxiety in the mother in the face of menopause (Yazia, 2019).

The researcher assumes that it can be said that the level of education does not have a significant relationship to the anxiety of premenopausal women, although the level of education of the mother is low, it does not mean that the mother's anxiety is high in facing menopause. Vice versa, although the mother's education level is high, it is possible that the mother will not experience anxiety in dealing with menopause. This is because there are other factors that cause women to experience anxiety, including the level of knowledge, family support and environmental support or socio-cultural support possessed by premenopausal women.

b. Knowledge Level

The results of the chi-square statistical test with a significance level of = 0.05 obtained a p-value of 0.009 (p-value <) so that it means there was a relationship between the level of knowledge and the level of premenopausal anxiety. From these results, it can be said that the level of

knowledge has a significant relationship to premenopausal anxiety because because women who lack knowledge will make their anxiety levels high in dealing with menopause.

Research that is in line with this research was conducted by Betristasia Puspitasari (2020) where the results of the study were obtained from 36 respondents, most of the respondents who were knowledgeable enough experienced mild anxiety as many as 11 respondents. The results of the Spearman Rank statistical test obtained -value of $0.000 < (0.05)$ so it can be concluded that there is a relationship between knowledge and the level of anxiety of premenopausal women in facing menopause (Puspitasari, 2020).

Another study that showed different results was carried out by Daniel Akbar Wibowo (2020) it was found that out of 91 respondents, many had good knowledge, namely 21 respondents experienced moderate anxiety. The results of the study using the Spearman Rank correlation calculation resulted in a probability value of 0.211 which is greater than the value of = 0.05, so it can be concluded that there is no significant relationship between the level of knowledge about menopause and anxiety in premenopausal women (Wibowo & Ginanjar, 2020).

Researchers assume that the level of knowledge that is lacking about menopause will have an impact on the level of anxiety experienced by premenopausal women. With a lack of knowledge, women will feel unfamiliar with what changes are happening to them before menopause. This common feeling triggers anxiety, the mother

does not know what are the symptoms and signs of entering menopause. The less knowledge the mother has, the higher the level of maternal anxiety in dealing with menopause.

c. Financial Material Assets

Based on the results of the chi-square statistical test with a significance level of $= 0.05$, a p-value of 0.587 ($p\text{-value} >$) was obtained so that it means that there is no relationship between financial material assets and premenopausal anxiety levels. From these results, it can be said that material financial assets do not have a significant relationship to the anxiety of premenopausal women, because the number of material financial assets owned by the mother does not mean that the mother's anxiety in facing menopause is high.

A similar study conducted by Aprillia (2007) on the effect of economic conditions on premenopausal anxiety levels showed that most respondents who had poor economic conditions experienced mild anxiety by 37.83% and severe anxiety by 40.55%. On the other hand, most respondents who have good economic conditions experience mild anxiety by 61.90%. The results of the analysis with regression showed the value of $p = 0.021$ ($p < 0.05$) so that it was proven that there was a significant effect between economic conditions and anxiety levels in premenopausal women (Aprillia & Puspitasari, 2007).

Research with different results conducted by Velga Yazia (2019) found that from 43 respondents, it was found that respondents who had moderate levels of anxiety were

more at a low socioeconomic level, namely 32 people compared to respondents who had a high socioeconomic level, namely 10 people. The results of the Chi-Square statistical test obtained p value $= 0.000$ which means $p < 0.05$, it can be concluded that there is a significant relationship between socioeconomic level and maternal anxiety level in facing menopause (Yazia, 2019).

Another study with different results was conducted by Feji Sukitide Sauve Prilhi (2020) that of the 93 respondents who had poor economic conditions, 3 people experienced minimal anxiety, 15 people experienced mild anxiety, and 12 people experienced moderate anxiety. The results of the Chi Square statistical test analysis obtained p value $= 0.003$ ($p < 0.05$). Thus, there is an influence between economic conditions on anxiety in premenopausal women (Prilhi et al., 2021).

The researcher assumes that women who have little financial material assets will have an impact on the level of anxiety they experience because with the few assets they have, the mother will feel less anxious about her health. However, there are also women who have a lot of financial material assets still experience anxiety, this is because the economic situation they have has only a small impact on their anxiety. There are other factors that have a more dominant impact on maternal anxiety facing menopause, including the level of knowledge, family support and socio-cultural support possessed by premenopausal women. Many or little financial material assets owned by premenopausal women do not mean that they have a high level of anxiety

for premenopausal women.

d. Family Support

On the results of the chi-square statistical test with a significance level of $= 0.05$, a p-value of 0.001 ($p\text{-value} <$) was obtained, so that it means there is a relationship between family support and premenopausal anxiety levels. From these results it can be said that the level of knowledge has a significant relationship to the anxiety of premenopausal women, because high family support makes the mother's anxiety low facing menopause.

The results of another study which are also in line with this research conducted by Lia Puspita (2017), it was found that there were 18 out of 26 women with good family support who did not experience changes in the behavior of menopausal women, while among women with less family support there were 7 out of 33 who did not experience changes in menopausal women's behavior. The results of statistical tests obtained p value $= 0.001$ so it can be concluded that there is a difference in the behavior of menopausal women between good family support and less family support (Puspita & Marlina, 2019).

The results of another study that also obtained the same results were carried out by Rizqiana Eka Cahyati (2018), namely that of the 51 people who received support from their families, most of them did not feel anxious in facing menopause, as many as 30 people and from 49 people who did not receive support from their families, most of them experienced mild anxiety as many as 20 people. The results of the chi square test obtained data $= 0.00$ then there is a relationship between

family support (Cahyati, 2018).

Researchers assume, women who have low family support will tend to experience severe anxiety in the face of menopause. This is because communication does not go well between family members so that the mother cannot openly tell her situation and family members, be it husband or children, do not provide assistance to reduce the anxiety experienced by premenopausal women.

e. Socio-cultural Support

On the results of the chi-square statistical test with a significance level of $= 0.05$, a p-value of 0.000 was obtained ($p\text{-value} <$) so that it means there is a relationship between socio-cultural support and premenopausal anxiety levels. From these results, it can be said that socio-cultural support has a significant relationship to the anxiety of premenopausal women, because high socio-cultural support makes the anxiety of women facing menopause low.

This research is in line with Kotijah (2018) regarding the social support model to reduce the anxiety of menopausal women in Siwek sub-district, Jombang Regency. Social networks include social rules, information and social conflicts. Partial least square test was performed. From 197 respondents, it is known that social network (t statistic $2.28 > 1.96$) has a significant effect on the incidence of stress and anxiety. From the research, it was found that the better the social network, the more positive a woman's perception of menopause will be and the lower the level of anxiety will be (KOTIJAH, 2018).

Another study that also obtained the same results was conducted by

Dilla Rahwuni (2014), namely research on the relationship between peer social support and anxiety levels in menopausal women. Of the 46 respondents who received low peer social support experienced moderate levels of anxiety with a total of 31 respondents. Meanwhile, from 57 respondents who received high social support experienced moderate levels of anxiety with the number of respondents being 44 people. Based on the Chi-Square test, p value = 0.000 < 0.05, which indicates that there is a significant relationship between peer social support and anxiety levels in postmenopausal women (Rahwuni & Lestari, 2014).

Researchers assume that women who have good socio-cultural support will have an impact on their level of anxiety. The better the mother's social culture, the lower the mother's level of anxiety. With good socio-cultural support, women will feel physically or psychologically helped in dealing with menopause so that there is no anxiety for them.

4. CONCLUSION

From the results of research conducted in West Karajan Hamlet, West Cikampek Village, Karawang Regency in 2021 regarding the analysis of anxiety levels in premenopausal women with 72 respondents, the results obtained are:

- 1) Respondents have a low level of education as many as 43 (59.7%), lack of knowledge level as much as 46 (63.9%), material financial assets are few, namely 44 (61.1%), high family support as many as 49 (68.1 %), good socio-cultural support as much as 42 (58.3%) and the level of anxiety of respondents that is not experiencing anxiety as much as 22 (30.6%).
- 2) There is no significant relationship between the level of education and

financial material assets to the level of anxiety of premenopausal women. There is a significant relationship between the level of knowledge, family support and socio-cultural support on the level of anxiety of premenopausal women.

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