

Factor Affecting Readiness Of Women Of Fertilizer Age In Facing The Menopause

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Submission date: 21-Nov-2022 11:07AM (UTC+0700)

Submission ID: 1959884029

File name: FACTOR_AFFECTING.pdf (310.7K)

Word count: 5624

Character count: 32605

**FACTOR AFFECTING READINESS OF WOMEN OF FERTILIZER AGE
IN FACING THE MENOPAUSE
(LITERATUR REVIEW)**

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ABSTRACT

Menopause 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 estrogen and progesterone from the ovaries. As many as 80% of women report unpleasant complaints when approaching menopause such as headaches, sexual problems, tachycardia, hot flushes and insomnia which significantly reduce their quality of life. Aim. The purpose of this literature review is to explain and analyze the factors that influence the readiness of women of childbearing age to face menopause. Method. This type of research is a literature review with a research design using the Preferred Reporting Item for Systematic Review and Meta Analysis (PRISMA) approach. The search was carried out in four electronic databases (Scopus, Proquest, Pubmed, and Google Scholar) published in the last five years, namely from 2015-2020 which was published in Indonesian and English. Results. The search results found 120 articles, then duplication selection, inclusion and exclusion criteria eligibility, and full text left 15 articles from 4 databases, including Garuda (n=7); Proquest (n=7); Proques (n=7); and Google Scholar (n=7). Overall it has a cross-sectional research design (n=14); and Descriptive (n=1). Conclusion. The results of this review state that maternal factors include knowledge, attitudes and anxiety. Suggestion. Further research is needed on maternal factors that affect the readiness of women of childbearing age in facing menopause in various cases and different conditions.

Keywords: Knowledge, Attitude, Anxiety, Menopause

INTRODUCTION

Menopause 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 estrogen and progesterone from the ovaries. During menopause, various symptoms arise, including vasomotor, physical and psychosocial. As many as 80% of women report unpleasant complaints when approaching menopause such as headaches, sexual problems, tachycardia, hot flushes and insomnia which significantly reduce their quality of life. Some women think that menopause is a scary thing, this concern starts with the thought that they will become unhealthy so that they feel anxious. Limited information about menopause makes women more worried, afraid and anxious when entering menopause (Sari, 2018).

According to the World Health Organization (WHO), in Southeast Asia the elderly population is 8% or around 142 million people. In 2050 it is estimated that the elderly population will increase 3 times from this year. In 2000 the number of elderly people was around 5.3 million (7.4%) of the total population, while in 2010 the number of elderly people was 24,000,000 (9.77%) of the total population, and in 2020 it is estimated that the number of elderly people will reach 28,800,000 (11.34%) of the total population. Based on data obtained from the 2017 Indonesian Health Profile, it was found that the population aged 40-49 was 17,028,035, the population aged 50-54 years was 14,601,469, the population aged 55-59 years was 11,903,287, the population aged 60-64 years amounted to 8,870,493, the population aged 65-69 years was 6,035,411 and those aged >70 years were 8,752,308 (Kemenkes RI, 2017).

Based on the results of the research conducted, it was found that the factors that influence the readiness of women of childbearing age in facing menopause are knowledge and attitudes. From the results of the study, it was found that 16 respondents (62%) with good knowledge had a positive attitude, more than 10 respondents (38%). Respondents with poor knowledge who have a positive attitude are 6 respondents (18%) lower than respondents with poor knowledge who have a negative attitude as many as 28 respondents (82%). It is proven that knowledge is significantly related to attitude. It means that respondents who have good knowledge have the opportunity to have a positive attitude towards menopause compared to

respondents who have poor knowledge. Based on this research, it can be seen that respondents with low knowledge (56.7%) are higher than respondents with high knowledge (Maesaroh, 2019).

This opinion states that education according to research can be seen simply that knowledge or cognitive is a very important domain in the form of one's actions. A person is said to have knowledge if someone knows or is able to remember the material obtained, about the object, understands or is able to explain the material obtained correctly, is able to apply that is using the principles of the material obtained, is able to analyze or describe the material obtained to others in an organization, able to apply the principles of the material obtained, and able to provide an assessment of the principles or materials that have been applied and practiced (Maria, 2019)

Efforts to increase premenopausal knowledge can also be done by several things including health education. Educational activities are efforts to maintain and improve the health status of individuals and groups. Understanding through formal and non-formal activities about health will shape one's behavior, because if behavior is based on good knowledge, women will be more prepared to face menopause.

Based on the description and explanation of the data above, researchers are interested in reviewing research on factors that affect the readiness of women of childbearing age in facing menopause.

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METHODS

This type of research is a literature review with a research design using the Preferred Reporting Item for Systematic Review and Meta Analysis (PRISMA) approach. The search was carried out in four electronic databases (Scopus, Proquest, Pubmed, and Google Scholar) published within the last five years, namely from 2015-2020 published in Indonesian and English.

RESULTS

General data

Table of General Characteristics and Study Selection (n= 15)

Category	N	%
Publication year		
2017	4	26.67
2018	1	6.67
2019	5	33.33
2020	5	33.33
Total	15	100
Research design		
Cross Sectional	14	93.33
Correlational Analytics	1	6.67
Total	15	100

Special Data

1. Knowledge that affects the readiness of fertile women to face menopause

No	Title, Author, Year, Volume	Method (Design, Sample, Variable, Instrument, Analysis)	Research Result	Database
1.	The relationship between the level of knowledge about menopause and the level of anxiety in dealing with menopause in women aged 40-50 years in Pugeran Maguwoharjo Hamlet, Sleman Antara Antok et.all (2018) Vol 08/No.02/December/2018	Design : Crosssectional Sample : Women of Childbearing Age Sampling: Cluster random sampling technique. Variables: Independent Variable : Knowledge level Dependent Variable : Anxiety level Instrument : Questionnaire Analysis: Correlation Test	Research results: the highest level of knowledge of 46 respondents in Pugeran Hamlet is less with a total of 24 people (52.2%). There is a relationship between the level of knowledge about menopause and the level of anxiety in dealing with menopause in women aged 40-50 years	Google Scholar

2.	1 The relationship between the level of knowledge and attitudes of premenopausal mothers on readiness to face menopause in Padangan Village, Winong District Agustiawati et.all (2017) Vol.8 no.2 (2017)	Design : Crosssectional Sample : Premenopausal mother. Sampling: Simple random sampling technique Variables: Independent Variable: Mother's level of knowledge and attitude Dependent Variable: Level of readiness Instrument : Questionnaire Analysis: Chi square statistical test.	Research result : There is a relationship between the level of knowledge on readiness to face menopause (p value = 0.003)	Google Scholar
3.	1 The relationship between the level of knowledge of premenopausal mothers and the level of anxiety in dealing with menopause Dewi sari et.all(2019) Proceedings of the National Seminar (2019)	Design: crosssection Sample: Premenopausal mother Sampling: total population technique Variables: Independent Variables: Knowledge level Dependent Variable: Anxiety level Instrument: questionnaire Analysis: Chi-square test	The results of the study: (61.7 %) level of knowledge (66%) experienced moderate anxiety.	
4.	9 The relationship between knowledge of premenopausal mothers about menopause with readiness to face menopause at the Sei Pancur Public Health Center, Batam City Noviantirina et.all (2017) Volume 09, number 02, april 2019	Design : Crosssectional Sample: Premenopausal mother Sampling: purposive sampling Variables: Independent Variable: Knowledge level Dependent Variable: Level of readiness Instrument : Questionnaire Analysis : Chi - square test	Result : 21 people (52.2%) have good knowledge and 23 people (57.5%).	Google Scholar
5.	Mother's Knowledge Level and Attitude in Facing Menopause Cipto et.all (2020) Vol. 1 No. 1 (2020)	Design : Crosssectional Sample : Women of Childbearing Age Side: purposive sampling Variables: Independent Variable : Knowledge Level Dependent Variable : Mother's attitude Instrument: 12 questionnaire Analysis: Descriptive analysis with frequency distribution.	The results of the study: Premenopausal education level as many as 56 respondents (70%). Mother's occupation 43 respondents are 12 swives (53.8%). The level of knowledge of premenopausal mothers is good for 47 respondents (58.8%). The positive attitude of premenopausal mothers was 47 respondents (58.8%)	Google Scholar
6.	6 The relationship of knowledge before menopause with the level of readiness before menopause in premenopausal women Choirin ika et.all (2020) Vol. 5, no. 11, november 2020	Design : Crosssectional Sample: Premenopausal mother Sampling : probability sampling Variables: Independent Variable : Knowledge level Dependent Variable: Level of readiness Instrument: questionnaire Analysis: Chi-Square Test Analysis: Uji Chi-Square	Research results: Level of knowledge about menopause with moderate category 23 (65.7%), most of the respondents have a level of readiness to face menopause with moderate category 20 (57.1%)	Google Scholar

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7.	Knowledge and attitudes of mothers in dealing with premenopause in the new village of bamboo fields, Medan Tuntungan sub-district Nasution Zulkamain (2019) Volume xxvii, number 3, december 2019 ; 1221 – 1233	Design : Crosssectional Sample: Premenopausal mother Sampling: simple random sampling Variables: Independent Variable : Knowledge Level Dependent Variable : Mother's attitude Instrument: questionnaire Analysis: Chi Square Test	Result: 28 people (39.1%) lack knowledge and 25 people (43.8%).	Google Schoolar
11	8. The relationship between knowledge, attitudes about menopause and readiness to face menopause at the Pekanbaru Public Health Center Sasrawita (2017) Journal endurance 2(2) june 2017	Design : cross sectional Sample: pre-menopausal women Sampling : accidental sampling Variables: Independent Variable: Level of knowledge and attitude Dependent Variable : Readiness Level Instrument: questionnaire Analysis: chi square	Research results: 53 people (53.0%) lack of knowledge, 60 people (60%) negative attitude, 63 people (63.0%) are not ready to face menopause.	Google Schoolar
1	9. The relationship between mother's knowledge and anxiety about facing menopause in the village of Kebun Indah, the working area of Upt Blud, Gunungsari Public Health Center Suwanti et.all (2018)	Design : Crosssectional Sample: Pre-menopausal mothers Sampling : Total sampling Variables: Independent Variable : Knowledge level Dependent Variable: Anxiety Level Instrument : Questionnaire Analysis: Chi square	Research results: 1 Good and sufficient knowledge of mothers who have moderate and severe anxiety as many as 16 people (59.3%), and mothers with less knowledge who have moderate and severe anxiety as many as 13 people (86.7). p value (0.089), p > 0.05.	Google Schoolar
6	10. The relationship between knowledge about menopause and anxiety in premenopausal women in the Kertasari sub-district, Ciamis district, Ciamis district Akbar Wibowo (2020) Vol.2 no.1 (2020)	Design : crosssectional Sample: Pre-menopausal women Sampling: probability sampling. Variables: Independent Variable : Knowledge level Dependent Variable : Anxiety Level Instrument: questionnaire Analysis: Speman rank test	Result: knowledge level of less (36.8%) experienced moderate anxiety, moderate knowledge (35.5%) experienced mild anxiety and moderate anxiety, well-informed (51.2%) experienced moderate anxiety.	14 Google Schoolar
	11. Relationship between mother's knowledge about menopause and stress level Theresia Maria (2019) Volume 4, number 1, 2019	Design: Correlational analytics Sample: Menopausal age women Sampling: purposive sampling Variables: Independent Variables: Knowledge level Dependent Variable : Stress level. Instrument : Questionnaire Analysis: pearson product moment (SPSS test)	Result of the study: the level of knowledge of mothers about menopause was 26 people (61.9%) and the stress level of almost all respondents was categorized as moderate stress as many as 35 people (83.3%).	

12.	The relationship between knowledge of premenopausal mothers and the level of anxiety at the Pattingalloang Public Health Center Makassar Purnama lili et.all (2020) Volume 5 number 1 June 2020	Design : Crosssectional Sample: Pre-menopausal mothers Sampling : accidental sampling Variables: Independent Variable : Knowledge level Dependent Variable : Anxiety level Instrument: questionnaire Analysis: chi square test	Results: Knowledge of mothers with anxiety 5 mothers (15.6%) who lacked knowledge, 27 mothers (84.4%) had good knowledge. For mothers who have less knowledge as many as 5 (15.6%) who experience anxiety in dealing with menopause, while mothers who have good knowledge are 27 (84.4%) who do not experience anxiety.	Google Scholar
13.	Factors related to the readiness of mothers to face menopause in the working area of the Guguk Panjang Public Health Center Wulansari Novi (2020) Vol. Xiv no.01 april 2020	Design : Crosssectional Sample: Pre-menopausal mothers Sampling : Total Sampling Variables: Independent Variables: Related Factors Dependent Variable : Readiness Level Instrument: questionnaire Analysis: Chi-Square	Result: Ready to face menopause, 33 respondents (50.8%). The results of statistical tests showed that there was a relationship between knowledge (p = 0.023), attitude (p = 0.006), and there was a relationship between family support (p = 0.002) and mothers' readiness to face menopause	Google scholar
14.	The relationship between the level of knowledge of women and the level of anxiety in dealing with menopause in rw.005 sub-district of Pondok Aren, South Tangerang Sugiarti siti et.all (2018) Volume ii, number 3 – March 2019	Design : Crosssectional Sample: Women of childbearing age Sampling: total side Variables: Independent Variable: Knowledge level Dependent Variable : Anxiety level Instrument : Questionnaire Analysis: Chi Square Test	Research results: The level of knowledge is good as many as 68 respondents (75.6%). The level of anxiety experienced by respondents was mild, as many as 37 respondents (41.1%).	Google Scholar

Based on the table above, studies that are in accordance with this systematic review are carried out on average in Indonesia. In the research results, each article shows the priority factors that affect women of childbearing age in facing menopause, one of which is the level of knowledge.

2. Attitudes that affect the readiness of fertile women to face menopause

No	Title, Author, Year, Volume	Method (Design, Sample, Variable, Instrument, Analysis)	Research Result	Database
1.	The relationship between the level of knowledge and attitudes of premenopausal mothers on readiness to face menopause in Padangan village, Winong sub-district Agustiawati et.all (2017) Vol.8 no.2 (2017)	Design : Crosssectional Sample : Premenopausal mother. Sampling: Simple random sampling technique Variables: Independent Variable: Mother's level of knowledge and attitude Dependent Variable: Level of readiness Instrument : Questionnaire Analysis: Chi square statistical test.	Research result : There is a relationship between the level of knowledge on readiness to face menopause (p value = 0.003), and there is a relationship between the attitudes of premenopausal mothers towards readiness to face menopause in Padangan Village, Winong District (p value = 0.001).	Google Scholar
2.	Mother's Knowledge Level and Attitude in Facing Menopause Cipto et.all (2020) Vol. 1 No. 1 (2020)	Design : Crosssectional Sample : Women of Childbearing Age Side: purposive sampling Variables: Independent Variable : Knowledge Level Dependent Variable : Mother's attitude Instrument : Questionnaire Analysis: Descriptive analysis with frequency distribution.square statistical test.	Research Results: respondents' mothers in terms of premenopausal education level on the basis of education as many as 56 respondents (70%). While the mother's occupation respondents are housewives (53.8%). The level of knowledge of premenopausal mothers is good for 47 respondents (58.8%). The positive attitude of premenopausal mothers was 47 respondents (58.8%).	Google Scholar

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3.	Knowledge and attitudes of mothers in dealing with pre-menopause in the new village of bamboo fields, Medan Tuntungan sub-district Nasution Zulkamain (2019) Volume xxvii, number 3, december 2019 ; 1221 – 1233	Design : Crosssectional Sample: Premenopausal mother Sampling: simple random sampling Variables: Independent Variable : Knowledge Level Dependent Variable : Mother's attitude Instrument: questionnaire Analysis: Chi Square Test	Result: 28 people (39.1%) lack knowledge and 25 people (43.8%).	Google Scholar
4.	The relationship between knowledge, attitudes about menopause and readiness to face menopause at the Pekanbaru Public Health Center Sasrawita (2017) Journal endurance 2(2) june 2017	Design : cross sectional Sample: pre-menopausal women Sampling : accidental sampling Variables: Independent Variable: Level of knowledge and attitude Dependent Variable : Readiness Level Instrument: questionnaire Analysis: chi square	Research results: 53 people (53.0%) lack knowledge, 60 people (60%) have a negative attitude, are not ready to face menopause, 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.	Google Scholar
5.	Factors related to the readiness of mothers to face menopause in the working area of the Guguk Panjang Public Health Center Wulansari Novi (2020) Vol. Xiv no.01 april 2020	Design : Crosssectional Sample: Pre-menopausal mothers Sampling : Total Sampling Variables: Independent Variables: Related Factors Dependent Variable : Readiness Level Instrument: questionnaire Analysis: Chi-Square	Result: Ready to face menopause, 33 respondents (50.8%). The results of statistical tests showed that there was a relationship between knowledge (p = 0.023), attitude (p = 0.006), and there was a relationship between family support (p = 0.002) and mothers' readiness to face menopause	Google Scholar

Based on the table above, studies that are in accordance with this systematic review are carried out on average in Indonesia. In the results of the research, each article shows the attitude factors that influence men of childbearing age in facing menopause, one of which is the level of attitude that is a factor in influencing women of childbearing age in dealing with menopause.

3. Anxiety that affects the readiness of fertile women to face menopause

No	Title, Author, Year, Volume	Method (Design, Sample, Variable, Instrument, Analysis)	Research Result	Database
1.	The relationship between the level of knowledge about menopause and the level of anxiety in dealing with menopause in women aged 40-50 years in the Pugeran Maguwoharjo hamlet, Sleman Antara Antok et.all (2018) Vol 08/No.02/December/2018	Design : Crosssectional Sample : Women of Childbearing Age Sampling: Cluster random sampling technique. Variables: Independent Variable : Knowledge level Dependent Variable : Anxiety level Instrument : Questionnaire Analysis: Correlation Test.	Results: Level of knowledge 24 people (52.2%). There is a relationship between the level of knowledge about menopause and the level of anxiety in dealing with menopause in women aged 40-50 years	Google Scholar

2.	1 The relationship between the level of knowledge of premenopausal mothers and the level of anxiety in dealing with menopause Dewi sari et.all (2019) Proceedings of the National Seminar (2019)	Design : Crosssection Sample: Premenopausal mother Sampling: total population technique Variables: Independent Variables: Knowledge level Dependent Variable: Anxiety level Instrument: questionnaire Analysis: Chi-square test	Research results: (61.7%) had low knowledge, more than half of the respondents (66%) experienced moderate anxiety.	Google Scholar
3.	1 The relationship between mother's knowledge and anxiety about facing menopause in the village of Kebun Indah, the working area of Upt Blud, Gunungsari Public Health Center Suwanti et.all (2018)	Design : Crosssectional Sample: Pre-menopausal mothers Sampling : Total sampling Variables: Independent Variable : Knowledge level Dependent Variable: Anxiety Level Instrument : Questionnaire Analysis: Chi square	Research results: good and sufficient knowledge who have moderate and severe anxiety as many as 16 people (59.3%), and mothers with less knowledge who have moderate and severe anxiety as many as 13 people (86.7). p (0.089), p > 0.05.	Google Scholar
4.	Factors influencing anxiety in dealing with menopause in Meunasah Dayah Village, Peusangan District, Bireuen Regency Septiani minda et.all (2019) Journal of healthcare technology and medicine vol. 5 no. 2 october 2019	Design : Crosssectional Sample: Pre-menopausal mothers Variables: Independent Variables: Factors that influence Dependent Variable: Anxiety Level Instrument : Questionnaire Analysis: Chi-Square Test	Results of the study: 73 respondents (45%). The majority of respondents have a sufficient level of knowledge as many as 95 respondents (58%). Physical changes are as many as 130 respondents (80%). Families who support respondents in dealing with menopause are 100 respondents (61%).	
5.	6 The relationship between knowledge about menopause and anxiety in premenopausal women in the Kertasari sub-district, Ciamis district, Ciamis district Akbar Wibowo (2020) Vol.2 no.1 (2020)	Design : crosssectional Sample: Pre-menopausal women Sampling: probability sampling. Variables: Independent Variable : Knowledge level Dependent Variable : Anxiety Level Instrument: questionnaire Analysis: sperman rank test	Result: the level of knowledge 14 less category as much as (36.8%) experienced moderate anxiety, moderate knowledge (35.5%) experienced mild anxiety and moderate anxiety, while well-informed (51.2%) experienced anxiety currently.	Google Scholar
6.	The relationship between knowledge of premenopausal mothers and the level of anxiety at the Pattingalloang Public Health Center Makassar Purnama lili et.all (2020) Volume 5 number 1 June 2020	Design : Crosssectional Sample: Pre-menopausal mothers Sampling : accidental sampling Variables: Independent Variable : Knowledge level Dependent Variable : Anxiety level Instruments: questionnaire Analysis: chi square test	Results: Knowledge of mothers with anxiety 5 mothers (15.6%) who lacked knowledge, 27 mothers (84.4%) had good knowledge. For mothers who have less knowledge as many as 5 (15.6%) who experience anxiety in dealing with menopause, while mothers who have good knowledge are 27 (84.4%) who do not experience anxiety..	Google Scholar

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7.	1 The relationship between the level of knowledge of women and the level of anxiety in dealing with menopause in rw.005 sub-district of Pondok Aren, South Tangerang Sugiarti siti et.all (2018) Volume ii, number 3 – March 2019	Design : Crosssectional Sample: Women of childbearing age Sampling: total side Variables: Independent Variable: Knowledge level Dependent Variable : Anxiety level Instrument : Questionnaire Analysis: Chi Square Test	Research results: The level of knowledge is good as many as 68 respondents (75.6%). The level of anxiety experienced by respondents was mild, as many as 37 respondents (41.1%).	Google Scholar
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Based on the table above, studies that are in accordance with this systematic review are carried out on average in Indonesia. In the results of the research each article shows the anxiety factors that affect women of childbearing age in facing menopause, one of which is the level of anxiety as a factor that affects women of childbearing age in facing menopause.

DISCUSSION

Knowledge that affects the readiness of fertile women to face menopause

Based on knowledge journals that affect the readiness of fertile women in facing menopause, 14 journals are obtained that are in accordance with knowledge factors that affect the readiness of women of childbearing age in facing menopause.

Knowledge about premenopause is a factor that determines a person can accept the occurrence of premenopause as a natural change that will be experienced by every woman and does not need to take medication or have to cause excessive anxiety and with sufficient knowledge about premenopause, mothers can recognize the changes that occur. occurs in them so that they can prepare themselves early and can determine a positive attitude in dealing with menopause, the more knowledge about premenopause, the better the attitude in dealing with premenopause so that it can reduce the impact of menopausal syndrome (Wawan, 2018).

There is a relationship between the knowledge of premenopausal mothers and the level of anxiety in dealing with menopause because knowledge can affect a person's anxiety. The results of the study can be seen as many as 93.1% of respondents who have low knowledge experience moderate anxiety, it can be concluded that the lower one's knowledge, the higher the level of maternal anxiety in dealing with menopause due to the majority of high school education as much as 40.5%, on the contrary, the higher one's knowledge, the lower maternal anxiety in dealing with menopause (Antok, 2017).

It can be analyzed based on facts and theories there is a relationship between the level of knowledge and the readiness of women of childbearing age to face menopause. Because mothers who have a high level of knowledge and have good readiness too, with a high level of knowledge someone will more easily absorb information and know a lot about the changes that occur before menopause, thus making mothers more prepared to face menopause both physically and psychologically. . Thus, it is necessary to prepare and understand the mother for signs of change that will occur during menopause by doing positive activities such as exercise, eating nutritious and vitamin-rich foods, so that the menopause period can be passed without any major complaints or anxiety.

Attitudes that affect the readiness of fertile women to face menopause

Based on attitude journals that affect the readiness of fertile women in facing menopause, 5 journals are obtained that are in accordance with attitude factors that affect the readiness of women of childbearing age in facing menopause.

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 by observing their own behavior. Pre-menopausal mothers who have a positive attitude encourage them to prepare for menopause, on the contrary, a negative attitude is more dominant in not preparing themselves for menopause (Irianto, 2014). The absence of experience that a person has with a psychological object tends to form a negative attitude towards the 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).

It can be analyzed based on facts and theories that there is a relationship between attitude and readiness of women of childbearing age in facing menopause. Due to the positive attitude of mothers who will face menopause, they are able to divert unpleasant feelings into positive things by doing useful activities. Positive acceptance of menopause as an effort to prepare physically and psychologically from an early age.

Anxiety that affects the readiness of fertile women to face menopause

Based on anxiety journals that affect the readiness of fertile women in facing menopause, 7 journals are obtained that are in accordance with anxiety factors that affect the readiness of women of childbearing age in facing menopause.

The relationship between the level of knowledge about premenopause and the level of anxiety in premenopausal women in the village of Banyurejo Tempel, Sleman, Yogyakarta. It was found that 37% of respondents had anxiety moderate (Septiana, 2012). The anxiety they experience at the time of menopause is indicated by attitudes including, fear of losing their sexual function, loss of appetite and coitus ability, loss of love from their partner. Because it is known that sexual relations are not only shown for reproduction but also to fulfill basic human needs that are psychological which if fulfilled, humans will feel satisfied, happy, comfortable, peaceful, and drain new energy in the body (Prawirohardjo, 2011).

It can be analyzed based on facts and theories that there is a relationship between the level of anxiety and the readiness of women of childbearing age to face menopause. Because Anxiety is a mood disorder characterized by fear or worry that is deep and ongoing, does not experience disturbances in assessing reality, personality is still intact, behavior can be disturbed but still in normal stages. Anxiety is experienced subjectively and is communicated intrapersonally. All responses to anxiety can be considered as adaptive responses in the broadest sense because all responses cause stress and discomfort that cause anxiety, these responses are considered harmless and acceptable. Meanwhile, maladaptive responses can be harmful or unacceptable.

CONCLUSION

From the results of a literature review, it shows that the readiness of women of childbearing age in facing menopause can be influenced by 3 factors, namely knowledge, attitudes and anxiety of women of childbearing age. The knowledge factor is the knowledge factor that determines whether the premenopausal period is accepted as a natural change that every woman will experience and does not need to take treatment or have to cause excessive knowledge and with sufficient premenopause, mothers can recognize the changes that occur in themselves. so that they can prepare early and can determine a positive attitude in dealing with menopause, the more knowledge about premenopause, the better the attitude in dealing with premenopause so as to reduce the impact of menopausal syndrome. The attitude factor is the attitude that a woman of marginal age has if the positive attitude of the mother who will face menopause is able to understand unpleasant feelings by doing useful activities. Positive acceptance of menopause as an effort to prepare physically and psychologically from an early age. Factors are anxiety factors that occur in someone who is not the same in several situations. Anxiety that occurs against one of the factors, namely the self-threatening factor, psychological problems including a lot of anxiety in menopausal women, the reduced ability of women during menopause causes changes that have an impact on more anxiety about the role of menopausal women in the future calendar. And a factor that greatly influences the readiness of women aged urban factors in facing menopause is knowledge. Because, an increase in one's knowledge of information if the acceptance of new information or the adoption of information through the results of knowledge, awareness and attitude will cause errors that have an impact on errors that cause problems. Women's anxiety that is supported by about menopause can be reduced or will not arise knowledge about women or fear.

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