

An Overview of Mothers' Knowledge and Attitudes Regarding Preparation for Menopause in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency

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ABSTRACT

Menopause has serious health consequences. Among the causes is the cessation of estrogen production. A decline in the body's resistance, along with aging, also exacerbates health problems in menopausal women. The main health issues during menopause are heart disease and stroke. In 2020, heart disease ranked as the leading cause of death among women in the United States (366,000 cases). Stroke ranked second (103,000 cases). Most of these cases occurred during menopause. These figures are far higher than the number of deaths caused by breast cancer, which stood at only 42,000 cases. An Overview of Mothers' Knowledge and Attitudes Regarding Preparation for Menopause in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency. The conceptual framework used is based on dependent and independent variables. The study design is descriptive with a cross-sectional approach. The research was conducted from August 2–5, 2025, with 39 respondents, and data were collected using a questionnaire. The research data were analyzed manually using frequency distribution tables. The results showed that of the 39 respondents, the majority 94.5% had not yet entered menopause. Regarding knowledge, 61.5% of respondents demonstrated good knowledge, and regarding attitudes, 71.8% of respondents exhibited positive attitudes. Midwives are expected to provide encouragement to mothers who are about to give birth so that they understand the process and can prepare themselves both physically and mentally.

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1. INTRODUCTION

Women generally have a higher life expectancy than men, yet they face more complex health issues. By nature, women go through physiological changes that differ from those experienced by men. As they enter adolescence, women begin menstruating, which then normally occurs every month throughout their reproductive years. Subsequently, they go through the physically demanding periods of pregnancy and breastfeeding. This phase concludes with the onset of menopause, which generally begins around age 45 (Siagian, 2008). Menopause is the permanent cessation of the menstrual cycle; it is a turning point in life, not a disease. However, this condition can affect a woman's quality

of life. Age is the primary trigger for menopause. This condition is the flip side of puberty the end of the reproductive years caused by a decline in ovarian function. Additionally, menopause can be caused by certain surgeries and medical treatments. These medical interventions include oophorectomy, chemotherapy, and pelvic radiation therapy. Hysterectomy without removal of the ovaries is unlikely to trigger menopause (Stanley, 2006).

According to data from the National Institute on Aging, women typically experience natural menopause at age 51. However, menopause can begin earlier. Some women begin experiencing menopause in their 40s, and very few women go through menopause in their late 60s. Women who smoke tend to experience menopause several years earlier than those who do not smoke. There is no definitive way to predict the age of menopause. Only women who have not had a menstrual period for 12 consecutive months, without any clear cause, can be considered to have reached menopause (Stanley, 2006). The menopausal transition carries serious health consequences. One of the causes is the cessation of estrogen production. A decline in immune function, which occurs with age, also exacerbates health issues in menopausal women. The primary health concerns during menopause are heart disease and stroke. In 2020, heart disease was the leading cause of death among women in the United States (366,000 cases). Stroke ranked second (103,000 cases). Most of these cases occurred during menopause. This figure is far higher than the number of deaths caused by breast cancer, which stood at only 42,000 cases. Although these figures do not accurately reflect the leading causes of death among women in Indonesia, a trend in that direction is already beginning to emerge.

Data on the prevalence of obesity—one of the risk factors for heart disease and stroke—in three-quarters of women supports this estimate. The results of a 2020 survey on nutritional issues among adults conducted by the Ministry of Health showed that the prevalence of obesity among adults was 2.5% for men and 5.9% for women. The highest prevalence of obesity occurs among women aged 45 and older (9.2%). Currently, it is estimated that more than 6 million adult women in Indonesia are obese (Siagian, 2008). In 2021, there were 19.6 million women in the United States aged 65 and older. Currently, a woman who reaches the age of 65 can expect an additional 19.4 years of life expectancy, making this group the fastest-growing segment of our population. This figure underscores the importance of women's health needs, particularly during the postmenopausal years. Since menopause typically occurs around age 50, it is estimated that women will spend one-third of their lives after menopause, and during this period, women may also be affected by metabolic and cardiovascular disorders, as well as neoplasms associated with or complicated by gynecological signs and symptoms (Stanley, 2006).

As menopause approaches, menstrual periods will change. But these changes can vary from woman to woman. For some, periods may become shorter or longer, heavier or lighter, with longer or shorter intervals between them. These changes are normal. However, if you experience heavy bleeding or periods that are too close together, it's a good idea to consult a doctor. Gynecological care for younger women has received adequate medical and public attention; consequently, standards regarding normal function, screening, and management have been established. However, very little is known about the normal functioning of the reproductive system in older women. This is evidenced by the fact that only 25% of women over the age of 60 undergo mammograms. There is a lack of Pap smear screening among the population over 65 years of age; older women tend to seek routine examinations from obstetricians/gynecologists less frequently, and approximately 30% of older women living in the community experience incontinence but do not routinely report this as a problem to their healthcare providers (Stanley, 2006).

This inconsistency influences healthcare providers' and women's attitudes toward gynecological care. To date, much of the literature on the postmenopausal years has been written from a negative perspective. Menopause, when viewed as a disease, is associated with depression, anxiety, obesity, and a decline in overall function. Such attitudes create barriers and must be addressed to achieve optimal healthcare outcomes for older women. Currently, women and healthcare providers are reevaluating the postmenopausal years and examining this period in a woman's life as a normal part of aging (Stanley, 2006). The population of Labuhan Keude Village in Sungai Raya Subdistrict is 2,654, with 188 older adults, 83 of whom are women. Based on these findings, the researcher is interested in conducting a study on the knowledge and attitudes of mothers regarding preparation for menopause in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency, in 2025.

2. METHOD

This study employed a descriptive research design with a ****cross-sectional study**** to determine the profile of mothers' knowledge and attitudes regarding preparation for menopause in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency, in 2025. The study population consisted of all 65 women aged 45–50 years in the village who were approaching menopause. The sample size was determined using Notoatmodjo's (2020) formula with a 10% margin of error, resulting in a sample of 39 respondents. Sampling was conducted using simple random sampling by drawing the names of potential respondents. The sampling criteria included women who were willing to participate, had not yet experienced menopause and were aged 40–45 years, could read and write, and resided in Labuhan Keude Village.

The study was conducted in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency, with data collection taking place from August 2–5, 2025. Data were collected using a questionnaire consisting of two sections: Section A, which included respondent codes and demographic data (age, education, and occupation); and Section B, which measured mothers' knowledge and attitudes toward menopause. Knowledge was measured using 10 multiple-choice questions, with a score of 1 for a correct answer and 0 for an incorrect answer, while attitudes were measured using 10 statements on a four-point Likert scale: strongly agree (4), agree (3), disagree (2), and strongly disagree (1). The data collection process began with obtaining research permission from the Head of the D-III Midwifery Program at STIKes Bina Nusantara Idi Rayeuk to the Labuhan Keude Village government. After permission was granted, the researchers visited the respondents selected according to the study sample to distribute the questionnaires. The collected data were processed manually through the stages of editing, coding, transferring, and tabulating. Subsequently, the data were analyzed using univariate analysis to describe each research variable in the form of frequency distributions and percentages. The analysis results were then presented in the form of frequency distribution tables accompanied by narratives to facilitate the interpretation of the research findings.

3. RESULTS AND DISCUSSION

Based on the results of data collection from the sample (respondents) conducted from August 2 to 5, 2025, in the village of Labuhan Keude, Sungai Raya Subdistrict, East Aceh Regency, with a total of 39 respondents participating in the study, which was conducted to determine the level of knowledge and attitudes among mothers regarding preparation for menopause in the village of Labuhan Keude, Sungai Raya Subdistrict, East Aceh Regency, in 2025.

Table 1. Distribution of Respondents' Demographic Data

No	Respondent Demographic Data	F	%
1.	Age		
1.	39 year	1	2,6
2.	40 year	1	2,6
3.	41 year	8	20,5
4.	42 year	7	17,9
5.	43 year	14	35,9
6.	44 year	3	7,7
7.	45 year	5	12,8
2.	Education		
1.	Not in School	4	10,3
2.	Elementary Education	23	59,0
3.	Secondary Education	12	30,8
4.	Higher Education/Diploma	-	-
3.	Respondents' Occupations		
1.	IRT	22	56,4
2.	Farmers	17	43,6

Based on Table 1, it was found that of the 39 respondents, the majority 35.9% were 43 years old (14 people); the majority 59% had a primary school education (23 people); and the majority 56.4% were homemakers.

Table 2. Frequency Distribution of Postmenopausal Women in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency

No	Education	F	%
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1.	Not yet	37	94,9
2.	Already	2	5,1
	Total	39	100

Based on Table 2, it was found that of the 39 respondents, the majority 94.9% had not yet reached menopause.

Table 3. Frequency Distribution of Mothers' Knowledge Regarding Preparation for Menopause in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency

No	Education	F	%
1.	Good	24	61,5
2.	Fair	8	20,5
3.	Poor	7	18
	Total	39	100

Based on Table 3, it was found that the majority of respondents 61.5% had good knowledge of how to prepare for menopause.

Table 4. Frequency Distribution of Mothers' Attitudes Toward Preparing for Menopause in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency

No	Attitude	F	%
1.	Positive	28	71,8
2.	Negative	11	28,2
	Total	39	100

Based on Table 4, it was found that the majority of respondents 71.8% had a positive attitude toward preparing for menopause.

Table 5. Frequency Distribution of Mothers' Knowledge Regarding Preparation for Menopause in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency

No	Education	Coping with Menopause				Total	%
		Not Yet	%	Already	%		
1	Good	24	100	0	-	24	100
2	Fair	8	100	0	-	8	100
3	Poor	5	71,4	2	28,6	7	100
	Total	37		2		39	100

Based on Table 5, it was found that all 24 respondents (100%) had good knowledge regarding preparation for menopause and premenopause, while 7 respondents had insufficient knowledge, and the majority of respondents 5 people, or 71.4% had not yet reached menopause.

Table 6. Frequency Distribution of Mothers' Attitudes Toward Preparing for Menopause in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency

no	Attitude	Coping with Menopause				Total	%
		Not Yet	%	Already	%		
1.	Positive	27	96,4	1	3,6	28	100
2.	Negative	10	90,9	1	9,1	11	100
		37		2		39	100

Based on Table 6, it was found that of the 28 respondents (100%) who had positive knowledge, the majority 27 (96.4%) had a positive attitude and had not yet reached menopause, while a minority 3.6% had already reached menopause. Meanwhile, among those with a negative attitude (11, or 100%), the majority had not yet reached menopause (90.9%), while 9.1% had already reached menopause.

3.1. Knowledge

Knowledge is the result of understanding, and this occurs after a person perceives a specific object. Most human knowledge is acquired through the eyes and ears. Knowledge, or cognition, is a very important domain in shaping a person's actions. It is indeed very difficult to systematically measure a person's level of knowledge. Therefore, to measure respondents' knowledge, we look at their ability to express their opinions in answering the questions posed. Based on these answers, respondents' knowledge levels can be divided into three categories: good, sufficient, and insufficient (Notoatmodjo, 2003).

Based on Table 1, it was found that of the 39 respondents, the majority or 61.5% had good knowledge, 8 (20.5%) had adequate knowledge, and 7 (18%) had insufficient knowledge regarding preparation for menopause. Based on the data above, the researcher can conclude that the majority of respondents have good knowledge about preparing for menopause. Women experience menopause, which is marked by the cessation of menstruation and is also accompanied by a decline

in reproductive function and the appearance of aging symptoms in various parts of the body. (Ibrahim, 2002) Based on the above description, it can be concluded that menopause is a phase in a woman's life characterized by the cessation of menstruation, the cessation of egg production, the loss of the ability to bear children, and changes and decline in both physical and psychological aspects.

Based on Table 5, it was found that 24 respondents (100%) had good knowledge regarding preparation for menopause and premenopause, while 7 respondents had insufficient knowledge; the majority of respondents 5 people, or 71.4% had not yet entered menopause. The researcher's assumption is that the majority of respondents are aware of or familiar with the issues that frequently occur during menopause, because, according to the respondents, it is a life cycle that every woman entering old age will inevitably go through, and also because, according to the respondents, it is a change that inevitably occurs due to advanced age and physical decline.

3.2. Attitudes

Based on Table 3, it was found that all respondents or 100% of them had a positive attitude toward preparing for menopause. Based on the data above, the researcher can conclude that all respondents have a positive attitude toward menopause, a phase that every healthy woman will experience; therefore, mothers do not experience anxiety regarding menopause. Kartono (1992) states that the psychological changes that occur during menopause can lead to various attitudes, including a crisis manifested in psychological symptoms such as depression, irritability, quick temper, and high levels of anxiety.

The physical changes associated with menopause have a deeper significance for women's lives. The cessation of the menstrual cycle is experienced as a loss of her core femininity because she can no longer bear children. A further consequence is the emergence of feelings of worthlessness and a sense that her life has no meaning, leading to anxiety about the possibility that her loved ones will turn away from her and leave her. These are the feelings women often experience during menopause, which frequently lead to anxiety. (Muhammad, 1990) Based on Table 5, it was found that of the 28 respondents (100%), all had positive knowledge; the majority of respondents 27 (96.4%) had a positive attitude and had not yet reached menopause, while a minority 3.6% had already reached menopause. Meanwhile, among those with a negative attitude (11, or 100%), the majority had not yet reached menopause (90.9%), while 9.1% had already reached menopause.

The researcher assumes that every individual has certainly experienced feelings of discomfort, fear, or apprehension about something in their life, as well as excessive worry about the future, leading to psychological changes or anxiety when facing menopause. Therefore, support and motivation are needed to prepare for menopause, and mothers can foster the motivation to achieve their goals, allowing biological reactions to proceed unimpeded.



An Overview of Mothers' Knowledge and Attitudes Regarding Preparation for Menopause in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency (*Liana*)



Gambar: Pelaksanaan Kegiatan Pengabdian Masyarakat

4. CONCLUSION

Based on data collected on August 25, 2025, in Labuhan Keude Village, Sungai Raya Subdistrict, East Aceh Regency, from 39 respondents, this study aimed to determine the level of knowledge and attitudes among mothers regarding preparation for menopause. The results showed that the majority of respondents 94.5% had not yet experienced menopause. In terms of knowledge, the majority of respondents had good knowledge regarding preparation for menopause 24 people (61.5%) while 8 people (20.5%) had sufficient knowledge and 7 people (18.0%) had insufficient knowledge. In addition, the majority of respondents also demonstrated a positive attitude toward menopause 71.8%.

Based on the relationship between menopausal status and knowledge level, all respondents with good knowledge (100%) were women who had not yet experienced menopause. Meanwhile, among respondents with insufficient knowledge, the majority had also not yet experienced menopause, namely 5 women (71.4%). Furthermore, based on the relationship between menopausal status and attitude, all respondents with a positive attitude numbered 28 (100%), with the majority 27 (96.4%) not yet having experienced menopause and only 1 (3.6%) having already experienced menopause. As for respondents with negative attitudes, there were 11 (100%), with the majority not yet experiencing menopause (90.9%) and only 9.1% having already experienced menopause.

Based on these findings, it is recommended that all mothers increase their knowledge and understanding of how to prepare for menopause so they can manage their daily activities effectively. Additionally, midwives are encouraged to provide education, information, and motivation to mothers regarding preparation for menopause, so that mothers can prepare themselves both physiologically and psychologically to cope with the changes that occur during this period.

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