



WOMEN'S KNOWLEDGE IN FACING MENOPAUSE: A LITERATURE REVIEW

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ABSTRACT

Background: It is inevitable for all women to go through the menopause. The menopause marks the passage from fertility to old age. 1.94 billion women worldwide are thought to be entering the climacteric phase, according to data from the World Health Organization (WHO). In order for women to be ready for the menopause, it is crucial that they have knowledge about it. Having adequate knowledge about menopause-related topics will help women cope with physical changes or conditions in their bodies throughout menopause. **Objective :** To identify women's knowledge in facing menopause. **Method:** The method used in this study is a literature review. Academic articles were searched through online databases Google Scholar and PubMed from the years 2020-2024, and 5 articles were analyzed. **Results :** Based on the search results, knowledge about menopause plays a crucial role in preparing women to face these changes more effectively. Women with better knowledge of menopause tend to have lower levels of anxiety and are more prepared to manage the physical and emotional changes that occur during this phase. On the other hand, a lack of knowledge can lead to feelings of unpreparedness and excessive anxiety, which can affect their quality of life. **Conclusion :** Knowledge can enhance women's preparedness in facing menopause, reduce anxiety, and improve their quality of life during this transition.

Keywords: Knowledge, Women, Menopause

Introduction

Every woman will undoubtedly go through the menopause at some point in her life. The menopause is the time between fertility and old age. Women go through menopause at different ages. Latin American women go through menopause between the ages of 43.8 and 53, North American women between the ages of 50.5 and 51.4, and European women between the ages of 50.1 and 52.8. In Asia, menopause occurs between the ages of 42.1 and 49.5. In Indonesia, menopause occurs at 49.98 years of age (Kartini, 2020).

According to World Health Organization (WHO) data, 1.94 billion women worldwide are thought to be beginning the climacteric phase. The population of women experiencing climacterium in the world has reached 894 million individuals and it is anticipated that by 2030 the number of women in the world entering the climacteric period will reach 1.2 billion people. This indicates that up to 1.2 billion women will be over 50, which is three times the number of climacteric women reported in the 2000 census (Riza, 2023). According to WHO predictions, 60 million Indonesian women will be menopausal by 2025 (Ulya & Andanawarih, 2021). In 2021, women will make up 49.5% of Indonesia's overall population (Indonesian Central Statistics Agency, 2022).

Women worldwide are impacted by menopausal syndrome. This syndrome is thought to affect 70–80% of women in Europe, 60% of women in America, 57% of women in Malaysia, 18% of women in China, and 10% of women in Japan and Indonesia. Hot flashes accounted for 38% of the symptoms, followed by trouble sleeping (37%), fatigue at work (35%), forgetfulness (33%), joint discomfort (26%), and excruciating headaches. Because it has to do with his bodily and mental health, this time is extremely complicated. (Srie Wahyuni and others, 2020).

When a woman's fertility starts to wane, she experiences menopause, which is characterized by the cessation of her monthly cycle, which signifies the end of her reproductive potential. Menopause is a natural physiological process that occurs in older women. It is characterized by a rapid decline in the number of primary ovarian follicles, which leaves them insufficient for ovulation, which lowers estrogen production and causes menstruation to stop. Menopausal women are 50 years old on average. Nonetheless, some women have encountered it at the age of forty. Some of them are actually between the ages of 20 and 30 (Kimberly, 2022).

It is crucial for women to have knowledge about the menopausal phase in order to prepare for it. Women who are adequately informed on menopausal issues will find it simpler to cope with physical changes or conditions in their bodies during this time. Menopause occurs naturally. Of sure, every woman will go through this. According to Augustin (2023), every woman has unique experiences throughout the menopause phase, which are influenced by variations in their circumstances, knowledge, interpretations, and self-acceptance.

Psychological changes include insomnia, mood swings from anxiety to sadness, memory issues, and diminished focus are among the effects that women frequently encounter throughout menopause. In the meantime, societal shifts can affect how women view themselves and are perceived by society. These shifts include the dynamics of interpersonal relationships with friends, family, and lovers, as well as social perceptions. With women who have fewer menopausal symptoms generally experiencing more changes in their quality of life than those who experience more, these psychological and social changes can lead to a crisis that impacts quality of life. (Annah, 2020)

Method

This paper was written using a literature review methodology. The search terms "knowledge" and "menopausal women" were employed in the review literature search approach. The information used to find both domestic and foreign publications comes from relevant sources, specifically Pubmed and Google Scholar. (1) The article must have been published within the last five years (2020–2024), (2) it must be original, (3) it must be completely accessible, and (4) it must be in either English or Indonesian. In the meanwhile, papers published within the last five years that are not fully accessible meet the exclusion criteria. Seventy items, both domestic and foreign, were discovered throughout the previous five years. Twenty-five papers were found after the first screening of the title, abstract, and inclusion criteria. After 15 articles were found in the second stage of screening based on techniques and results, 5 national papers were found in the final stage of screening using inclusion and exclusion criteria.

Results

After going through the article selection stage from the search results, the next step is to categorize all articles that meet the criteria, based on categories such as research title, year of publication, research location, type of research, and research findings. The categorization results can be found in the following table:

Table 1 Literature Review Results

No	Researcher (Years)	Country	Title	Type Study	Research result
1	Sri Alia Nuriman ¹ , Tri Utami ² , Kartika Tarwati ³ 2023	Indonesia	The relationship between the level of knowledge about menopause and the level of anxiety in menopausal women	cross-sectional	There is a significant relationship between knowledge about menopause and anxiety in menopausal women in Talaga Village, the working area of the Caringin Community Health Center.
2	Dea Susanti Agustin 2023	Indonesia	An illustration of the level of knowledge of women in dealing with menopause in the working area of the Kereng Bangkirai Community Health Center, Palangka Raya City	descriptive	The research results showed that the majority of respondents' knowledge was in the insufficient knowledge category, 19 women (46%), and respondents who had sufficient knowledge in dealing with the menopause were 15 women (37%).
3	Bela Purnama Dewi, Yora Nopriani, Italia, Nuning Sutarti Rimbawati 2023	Indonesia	The relationship between knowledge and mother's readiness to face menopause at Posyandu Kenanga, Air Sugihan Health Center, Route 25.	cross sectional.	There is a significant relationship between knowledge and mothers' readiness to face menopause at the Kenanga Posyandu, Air Sugihan Community Health Center, Lane 25.
4	Tiara Salsabila Wibowo 2023	Indonesia	The relationship between age and education and knowledge Women about menopause at the Sidotopo Wetan Community Health Center, Surabaya City	deskriptif korelatif.	There is a relationship between age and education and knowledge women about menopause at the Sidotopo Wetan Community Health Center, Surabaya City Region
5	Nur hamima Harahap,	Indonesia	The Relationship between Knowledge of Menopausal Women and Readiness to	cross sectional	There is a significant relationship between knowledge and

	Irawati Harahap, Rahmah Siregar Nur Arfah Nasution		Face Menopause In Parigi Village, District. Dolok District. North Padang Lawas		readiness to face menopause in Parigi Village District. Dolok District. North Padang Lawas with a p- value of 0.020 (p<0.05).
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Discussion

According to Sasmita (2019), menopause happens between the ages of 45 and 55. Causes: Around 400 of the body's formodial follicles transform into vesicular follicles and evulate after menopause, as well as the burning out of the ovaries during a woman's sexual life (Zaitun et al., 2020). Hot flashes, urogenital thinning, and psychological changes are among signs and symptoms of menopause in women, as is Burning Mouth Syndrome (SMT). Sari (2018). Menopause management strategies include hormone replacement treatment, a healthy diet, and adequate exercise (Jacob, 2018).

Many mothers need information to learn more about menopause because they are not prepared to deal with it. A sufficient understanding of the many menopausal issues and how to address them is required. Women who are knowledgeable about menopause and have a natural way of thinking about it are able to accept menopausal issues in a natural way. These women can undoubtedly understand that every woman will go through several phases of life as she ages, including menstruation, pregnancy, childbirth, and menopause.

When a person experiences any of the physical, psychological, or sexual changes or disturbances that typically occur in the time leading up to menopause, they will attempt to counteract these changes by engaging in productive activities (Rusmeirina 2019). When someone experiences a certain object, they come to know, which is the result of knowing. The five human senses—sight, hearing, smell, taste, and touch—have all been used in this process. The eyes and hearing are the primary sources of human understanding (Notoatmodjo 2019). What is meant in this study is moms' awareness of menopause. The mother's psychological state during menopause may be influenced by her level of preparedness for the transition. The degree to which menopausal symptoms disrupt a woman's life will determine how much her quality of life declines after going through menopause. Menopausal women's lack of knowledge is the cause of their declining quality of life, which can negatively affect their body and psychologically.

Because of a decrease in the hormone estrogen, menopausal women will suffer psychologically from depression and physically from disturbed bodily function, as well as an increased risk of cardiovascular osteoporosis, cancer, obesity, gout, diabetes, and dementia. Many bodily systems, including the heart, brain, skin, vagina, and bones, are protected by the hormone estrogen (Nurlina, 2021). Information on menopausal readiness is consistent with a study by Asifah (2021) titled "Women's Knowledge in Facing Menopause in Gowok Hamlet, Sleman Regency." The data analysis results demonstrate the degree of women's knowledge of menopause, with 13 respondents (21.7%) having high knowledge, 12 respondents (20%) having sufficient knowledge, and 35 respondents (58.3%) having poor knowledge. According to the findings of the conducted research, women in Gowok Hamlet, Sleman Regency, have inadequate knowledge about how to deal with menopause.

Women who are knowledgeable about menopause and have a natural way of thinking about it are able to accept menopausal issues in a natural way. These women can undoubtedly understand that every woman will go through several phases of life as she ages, including menstruation, pregnancy, childbirth, and menopause. If they encounter any changes or disruptions, whether they be psychological, physical, or sexual, which typically happen in the time before menopause, they will attempt to counteract the disruptions by engaging in productive activities (Misrina and Nuzula, 2021).

Women with better knowledge tend to have lower levels of anxiety because they are more prepared to face the physical and emotional changes that occur during menopause. This finding aligns with the understanding that a lack of information about menopause can lead to excessive anxiety, while adequate knowledge can enhance mental preparedness for this phase (Alia et al., 2023). This lack of knowledge can make women feel unprepared and shocked by the changes happening in their bodies. These results emphasize the importance of more intensive and continuous education about menopause, so women can better understand the symptoms and learn how to manage their health during this transition. Women who have better knowledge about menopause are more prepared to face the physical and psychological changes that occur. This shows that adequate knowledge can strengthen an individual's readiness to manage their health and quality of life during menopause, reducing the uncertainty and stress often experienced during this phase (Dewi et al., 2023). Women with higher knowledge feel more psychologically and physically prepared, which can enhance their quality of life during menopause. These results underscore the importance of health education as a preventive measure and preparation for women to face hormonal changes and related symptoms of menopause.

Conclusions

Overall, these studies show that good knowledge about menopause is closely related to preparedness, lower anxiety, and the ability to manage emerging symptoms. Factors such as age, education, and access to information influence women's knowledge about menopause. Therefore, it is important for the community and healthcare providers to enhance education about menopause, so women can be better prepared and more confident in facing it. Broader, community-based educational interventions can play a significant role in improving this knowledge.

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