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ABSTRAK

Menopause merupakan proses fisiologis yang didahului masa premenopause dan dapat menimbulkan berbagai perubahan fisik maupun psikologis. Kurangnya pengetahuan mengenai menopause dapat menyebabkan ibu premenopause kurang memahami perubahan yang dialami dan tidak siap menghadapi menopause sehingga berpotensi meningkatkan kecemasan. Studi pendahuluan di Desa Sendang Agung Kabupaten Lampung Tengah menunjukkan bahwa 8 dari 10 ibu premenopause mengalami kecemasan dalam menghadapi menopause, sementara sebagian besar belum memahami secara menyeluruh tanda, gejala, serta perubahan fisik dan psikologis selama masa transisi menopause. Kondisi tersebut menunjukkan perlunya mengkaji hubungan pengetahuan dengan tingkat kecemasan.

Penelitian ini menggunakan metode kuantitatif dengan desain analitik korelasional melalui pendekatan cross sectional. Populasi penelitian sebanyak 671 ibu premenopause, dengan sampel 87 responden yang dipilih menggunakan teknik quota sampling. Data dikumpulkan menggunakan kuesioner pengetahuan dan instrumen Hamilton Anxiety Rating Scale (HARS). Analisis data dilakukan secara univariat dan bivariat menggunakan uji Spearman Rank dengan tingkat signifikansi 0,05.

Hasil penelitian menunjukkan sebanyak 61 responden (70.1%) memiliki pengetahuan kurang dan 52 responden (59.8%) mengalami kecemasan berat. Hasil uji Spearman Rank menunjukkan terdapat hubungan signifikan antara pengetahuan dengan tingkat kecemasan dengan **r = 0,905 dan p = 0,000 (p < 0,05),** dengan kekuatan hubungan sangat kuat.

Disimpulkan bahwa terdapat hubungan yang signifikan antara pengetahuan dengan tingkat kecemasan ibu premenopause dalam menghadapi menopause. Disarankan kepada tenaga kesehatan untuk meningkatkan kegiatan penyuluhan dan edukasi mengenai menopause secara berkesinambungan sehingga pengetahuan ibu meningkat dan kecemasan dalam menghadapi menopause dapat berkurang.

Kata kunci: Pengetahuan, Kecemasan, Premenopause, Menopause.

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ABSTRACT

Menopause is a physiological process preceded by the premenopausal period and may cause various physical and psychological changes. Insufficient knowledge about menopause may cause premenopausal women to have limited understanding of the changes they experience and to be less prepared to face menopause, potentially increasing their anxiety. A preliminary study conducted in Sendang Agung Village, Central Lampung Regency, showed that 8 out of 10 premenopausal women experienced anxiety when facing menopause, while most of them did not fully understand the signs, symptoms, and physical and psychological changes during the menopausal transition. This condition indicates the need to examine the relationship between knowledge and anxiety levels.

This study employed a quantitative method with an analytical correlational design using a cross-sectional approach. The study population consisted of 671 premenopausal women, with 87 respondents selected using a quota sampling technique. Data were collected using a menopause knowledge questionnaire and the Hamilton Anxiety Rating Scale (HARS). Data were analyzed using univariate analysis and the Spearman Rank correlation test with a significance level of 0.05.

The results showed that 61 respondents (70.1%) had poor knowledge, while 52 respondents (59.8%) experienced severe anxiety. The Spearman Rank test revealed a significant relationship between knowledge and anxiety levels, with $r = 0.905$ and $p = 0.000$ ($p < 0.05$), indicating a very strong correlation.

In conclusion, there is a significant relationship between knowledge and anxiety levels among premenopausal women in facing menopause. Health professionals are recommended to provide continuous health education and counseling regarding menopause to improve women's knowledge and reduce anxiety during the menopausal transition.

Keywords: Knowledge, Anxiety, Premenopause, Menopause.