

## Influence Health Counseling Using Visual Media on the Stress Level of Mothers Facing Menopause in Bantul, Indonesia

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### Abstract

*Estrogen and progesterone, cause several physical and psychological changes that can cause stress. Excessive stress in menopausal women causes changes in behavior, including eating patterns and rest, so if not treated immediately, it can be a risk factor for the emergence of various diseases, one of which is hypertension. This research contributed to determining the effect of health education about menopause on the stress level of mothers facing menopause in Padukuhan Kadirojo, Bantul, Indonesia. This type of quantitative research uses a quasi-experimental method with a Pretest and Posttest Without Control design. The subjects of this study were premenopausal women with a total of 43 people. The research instrument used the DASS questionnaire. The sampling technique is total sampling. The data collected were from April 16 to 22, 2022. Bivariate analysis is the Wilcoxon test. The median value before counseling was 2.00, decrease after counseling was 1.00. The results of the bivariate test before and after being given counseling obtained a P value of 0.0000. There is an effect of counseling about menopause on stress levels.*

**Keywords:** Counseling; Menopause; Stress; Visual Media

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### 1. Introduction

Based on data from the World Health Organization (WHO) in 2010, the number of women entering the menopause phase is estimated to reach 1.2 billion globally. In Indonesia, the number of postmenopausal women in 2010 was up to 14 million, and it is estimated to reach 60 million women by 2025 (Haji et al., 2020). Research in Indonesia indicates that 70% of women aged 45 to 54 years tend to experience various physical and psychological changes during the early phase of menopause, leading to anxiety (Ali et al., 2020).

Menopausal symptoms, such as vasomotor symptoms and anxiety, are prevalent among women transitioning through menopause Enomoto et al. (2021) and can impact their psychological well-being (Lee & Lee, 2022). The Study of Women's Health Across the Nation (SWAN) revealed that anxiety is prevalent during the menopausal transition and in early post-menopause (Tang et al., 2019). Furthermore, menopausal women have been proven to be susceptible to various psychological health problems, including depression and anxiety (Wang et al., 2022).

The impact of menopause on women's mental health is significant, with depression and anxiety being common during this phase (Alblooshi

et al., 2023). Menopausal symptoms, such as hot flashes, night sweats, and sleep disturbances, can lead to psychological complaints (Süss et al., 2020). Additionally, menopausal women who have severe menopausal symptoms are more likely to experience symptoms of depression (Susanti et al., 2022).

The menopausal period is associated with various challenges, including sleep disturbances, anxiety, and depressive symptoms, which can negatively impact work ability (Carter et al., 2021). Furthermore, the menopausal transition is characterized by somatic, psychological, and urogenital symptoms, leading to decreased quality of life (Wulandari et al., 2020). The menopause also presents challenges for middle-aged women, often highly productive individuals juggling busy careers and family responsibilities, which can impact their psychological adjustment (Molefi-Youri, 2019).

Menopausal women are very vulnerable to degenerative diseases (such as heart disease, hypertension, and osteoporosis) because at the age of menopause the hormones that play an important role in the formation of a woman's body and preparing for women's functions so that at the age of menopause they often experience a sensation of

pounding heart, difficulty sleeping (insomnia), cold sweats at night and emotional instability ([Isviyanti, et al, 2020](#)). Various diseases that may arise due to hormonal changes in women can actually be prevented by providing information by health workers through counseling. This follows previous research by [Hubaya et al \(2019\)](#), that the mother's stress level decreased after being given counseling interventions. This research contributed to determining the effect of health education about menopause on the stress level of mothers facing menopause in Padukuhan Kadirojo, Bantul, Indonesia.

## 2. Method

This type of research uses a quasi-experimental pretest and posttest without control. Quasi-experimental research is research that tests interventions in a group of subjects with or without a comparison group, but no randomization is carried out to include subjects in the control treatment group. Pretest and posttest without control is a research design that only intervenes in one group without a comparison group. With the total sampling technique, the total population in this study was 43 respondents. The analysis technique in this study used the Wilcoxon test.

## 3. Result and Discussion

Table 1 shows that the median score for stress before health counseling was 2,00  $\pm$  1,006 (1-4), and the posttest shows that the median score after health counseling was 1,00  $\pm$  0,735 (1-3). Based on Table 2, it is known that the stress level score of the respondents before being given health education about menopause has a median value of 2.00. Meanwhile, after being given health education about menopause, it was 1.00. Bivariate analysis using the Wilcoxon test obtained significant results  $p = 0.000$  (normal  $p < 0.05$ ) from the results of data analysis it can be concluded that there is an influence of health counseling about menopause on the stress level of mothers facing menopause.

**Table 1.** Score Stress *Pretest and Posttest*

	Median	Standard Deviasi	Min-Max
Pretest	2,00	1,006	1-4
Posttest	1,00	0,735	1-3

**Table 2.** Bivariate Analysis

Score Stress	Median	Standard Deviasi	P-value
Pretest	2,00	1,006	0,000
Posttest	1,00	0,735	

Based on Table 1, it is known that the median value before being given health education about menopause was 2.00. Before being given

health education, the mother experienced stress. This is evidenced by the many statements answered: mothers feel stressed for no apparent reason, mothers feel scared, and mothers feel panicked. These results indicate that the respondents did not know about the signs and symptoms of menopause and how to be prepared to face menopause. Respondents considered that menopause was a disease that endangered themselves and respondents considered health problems in everyday life, causing stress and this was the cause of the lack of knowledge of mothers about menopause. The stress experienced by premenopausal women is loss of attractiveness, bone complaints, decreased sexual desire and physical decline. These factors greatly influence the variation of symptoms experienced by premenopausal women such as the danger of anxiety which is the source of various other accompanying symptoms.

The intensity of anxiety can affect a woman's mental readiness when experiencing menopause and ultimately cause stress levels to increase. Women who feel stressed about facing menopause later will have a lower level of preparedness when compared to women who are not worried about it. Therefore it can be minimized if the mother's age 45-55 years before menopause has sufficient knowledge about menopause. So it is very important for premenopausal women to get an understanding of menopause so that there is no feeling of excessive fear in facing menopause in the future. The results of research that are in line with this research are research conducted by [Hubaya, et al \(2019\)](#) entitled "The Influence of Menopause Counseling on Maternal Stress Levels in Facing Menopause in Toboleu Village, North Ternate City District" where the stress level of mothers in facing menopause is caused by a lack of understanding of menopause

Based on Table 1, it is known that the median value after being given health education is 1.00. The results of this study indicate that there are differences in stress before and after being given health education using audio-visual media. After being given health education using audio-visual media related to menopause, there was a decrease in the stress level from 2.00 to 1.00. This is due to the high enthusiasm of the respondents when participating in the ongoing research and actively asking questions. The author invites respondents to understand and understand menopause. Besides that, respondents can also get knowledge from what is conveyed by researchers. The results of this study are in accordance with the theory that knowledge is influenced by information and experience where if someone has a wider source of information and something that someone has experienced will increase knowledge about something that is

informal ([Haambozi, 2022](#)). Additionally, the sources of information play a crucial role in shaping women's knowledge and practices towards menopause, with traditional counselors, healers, and educational institutions being significant sources of information ([Beck et al., 2019](#)). In the workplace, there is a significant influence of knowledge and attitudes about menopause, with the need for employers to consider introducing menopause guidelines or policies to support women experiencing this transition ([Aljumah et al., 2023](#)). Postmenopausal women's attitudes and knowledge towards menopause are also influenced by their experiences and feelings, highlighting the emotional aspect of understanding menopause ([Dehghan et al., 2022](#)). Furthermore, there is a relationship between menopausal symptoms and the use of complementary and alternative medicines, indicating the influence of symptoms on the choices individuals make in managing menopause. Because in this case, the respondents began to receive new information that they had never known about menopause before.

Based on Table 2, from the results of the study using statistical tests, namely the Wilcoxon test, it was found that there was a decrease in stress from the pretest and posttest results with a median value of 2.00 to 1.00 and the p-value was used to determine whether the hypothesis was rejected or accepted. Because the p-value <0.05,  $H_0$  is rejected and  $H_a$  is accepted and it can be concluded that there is an influence between the results before being given health education about menopause on the stress level of mothers in facing menopause in Padukuhan Kadirojo. This effect was due to the fact that the intervention group had been exposed to information through health education using audio-visual media about menopause so the knowledge of the respondents also increased and their stress levels decreased. In providing health education there are many media that can be used, one of which is audio-visual media. The use of audio-visual media in health education has been widely studied and proven to be effective in improving knowledge and attitudes among various target groups. Research by [Tiwari et al. \(2019\)](#) demonstrated the effectiveness of different oral health education interventions in visually impaired school children, highlighting the suitability of institutionalized schools for visually impaired children to provide health information. Similarly, [Ambarwati et al. \(2021\)](#) emphasized the positive impact of audio-visual promotion media on improving teenagers' knowledge and attitudes about HIV/AIDS. Furthermore, [Djannah et al. \(2020\)](#) supported this claim by showing that audio-visual media contributes to information and persuades positive behavioral changes.

In the context of promoting health, [Wahono et al. \(2021\)](#) discussed the effectiveness of audio-visual media in promoting handwashing health, emphasizing its ability to increase knowledge through sound and images. Additionally, [Maulanti & Nurmala \(2021\)](#) highlighted the effectiveness of media innovation in delivering oral health education for visually impaired children. [Tamsuri & Widati \(2020\)](#) investigated the factors influencing patient attention toward audiovisual-health education media, further supporting the effectiveness of health promotion through audio-visual media. The advantage is presenting messages in a concise and practical manner and by stimulating the two senses, the respondent's knowledge will be more easily captured by the respondent. This research is supported by research conducted by [Hubaya et al. \(2019\)](#) with the title of the study, namely the effect of counseling about menopause on the stress level of mothers in facing menopause in Toboleu Village, North Ternate City District, the results of the research conducted found that the mean value before being given counseling about menopause (43.86) and the mean value after being given health counseling about menopause (18.29) and t count (7.425) with a p-value of 0.000 <0.05 so it can be concluded that there is an influence of counseling about menopause.

#### 4. Conclusion

Based on the results of the research and discussion above, it can be concluded that: The median value of maternal stress in facing menopause before being given counseling is 2.00. The median value of maternal stress in facing menopause after being given counseling has decreased by 1.00. There is an effect of counseling about menopause on the stress level of mothers facing menopause.

#### 5. Suggestion

Based on the conclusions, the researchers can provide advice for Posyandu mothers in dealing with pre-menopause. It is hoped that they will seek and deepen information about the signs and symptoms of menopause. So that mothers understand and are better prepared to deal with psychological symptoms such as anxiety and stress as well as other symptoms that arise during perimenopause. For future researchers, future researchers not only provide counseling but also provide interventions related to efforts to reduce stress levels in premenopausal mothers, such as yoga, elderly exercise, and others.

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