

Counseling About Providing Preparation Education for Menopause at Dusun Seno, Padang Cermin Village, Selesai District, Langkat Regency

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ABSTRACT

Menopause is a phase in a woman's life which is marked by the cessation of fertility. Menopause occurs at an average age of 51 years. These symptoms appear since the premenopausal period. Premenopause, namely the age group between 48-55 years followed by symptoms that often arise three to ten years before the arrival of menopause with various complaints, both physical and psychological complaints. This study aims to identify knowledge, attitudes and the relationship between knowledge and attitudes of premenopausal mothers in dealing with changes during menopause in Seno Village, Padang Cermin Village, Prestasi District, Langkat District . Number of women aged continued in 2025 on the Asian continent will increase from 107 million people to 373 million people . Premenopausal symptoms include 40% hot flashes, 38% difficulty sleeping, 37% get tired faster at work, 35% more often forget, 33% irritable, 26% joint pain and 21% frequent headaches excessive. The purpose of community service is to provide education about signs and symptom, stages menopause And management as preparation in a manner early face menopause . In family when a Mother Healthy, in meaning can minimize symptom menopause with knowledge Which has accepted on education preparation facemenopause so activity family will walk with Good. **Method:** Education preparation face menopause use method lecture And discussion with media powerpoint. **Results:** The community service participants were very enthusiastic about participating in the activity, and the discussion was ongoing well and smoothly. **Conclusion :** Preparatory education dealing with menopause has been done, the participants were very enthusiastic about the activity, there were several questions submitted by the participants. Providing education as a form of *transfer of knowledge* is expected to be carried out routinely to the woman he hopes for after participating in this activity complaints during menopause can reduce and quality of life will be felt on Woman itself.

Keywords: Menopause; Preparation; Education

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INTRODUCTION

Health is a very valuable asset in the current era of globalization. Especially current reproductive health become the world's attention. Reproductive health problems not only concerning pregnancy and childbirth, but more broadly, namely menarche to menopause. Most women feel nervous moment facing menopause, many simple problems become big things and can even be frustrating a woman when facing menopause.

Menopause mostly occurs in women who are entering the age of 50 years, at that age is a universal and irreversible part of the whole aging process involving the system reproduction which is characterized by the menstrual cycle in each month starting disturbed and will eventually disappear completely. Disturbed or process until disappearance period on Woman caused by decline And loss hormone estrogen, matter This is problem Which normal on Woman Which will passed in every life Woman. Menopause is a normal thing but acceptance in every woman different so it would be nice if the problem regarding menopause is known clearly by every Woman

Menopause is caused by aging of the ovaries which leads to decreased ovarian production Gonadotropins, Estrogen and Progesterone. Deficiency of some of these hormones gives rise to various somatic complaints, vasomotor, sexual and other disturbing psychological symptoms. According to WHO, in 2025 the number of elderly women in Asia will increase from 107 million people to 373 million people. According Purwatyastuti premenopausal and menopausal syndrome experienced by women in the world, about 70-80% in Europe, 60% in America, 57% in Malaysia, 18% in China and 10% in Japan and Indonesia. The most common symptom of all premenopausal women, namely 40% felt hot flashes, 38% had trouble sleeping, 37% had tired faster at work, 35% said they forgot more often, 33% said irritable, 26% said experiencing joint pain and 21% said it often hurts head excessive.

The results of a preliminary study by the community service team show that in Seno Hamlet, Padang Cermin Village, Prestasi District, Langkat Regency, the majority of the population is female, with an age range of 40-50 years. knowledge about menopause is still lacking. Age 40-50 years is the age that very appropriate for preparation for menopause. Seeing the importance of preparation to face menopause, so the community service team is interested in providing counseling about preparation for menopause. More knowledge about menopause will be obtained help women themselves to be able to prepare themselves and be able to behave and act appropriate in do prevention happening complaint Which appear join menopause. The hope, complaints during menopause can be reduced and the quality of life will be felt at the same time woman itself.

METHODS

Team devotion to public that is lecturer midwife give education preparation facing menopause. Education on preparation for menopause is carried out by counseling Which aim For increase knowledge And understanding about menopause as preparing efforts the menopause Good. Activity community service started with Preliminary study of the service team with the head of the PKK in Seno Hamlet, Padang Cermin Village, Finish District, Langkat Regency . Preliminary study results show that the majority of the population is female age range of 40-50 years and knowledge about menopause is still lacking as well as most with high school education. The next step is to coordinate with the Chairperson of the PKK regarding time for the implementation of community service. The target of the service is PKK Dusun Seno, Padang Cermin Village, Finish District, Langkat Regency . most of whom are aged 40-50 years, where at that age is age very appropriate For preparation face menopause. Giving Education Preparation face Menopause done through counseling with method lecture Anddiscussion and using powerpoint media. Before delivering the material, the team delivered Meaning And objective activities and openings by the team leader community service And chairman PKK. Delivery material And discussion be delivered not enough more 1 O'clock 30 minute. Activity counseling ended with *a posttest* using a questionnaire that had been made by the service team public To use measure knowledge participant after done Menopause counseling.

RESULTS AND DISCUSSION

Giving education preparation face menopause on Mother in activity coaching well-being family This aim so that moms can prepare in a manner early For facing menopause. In a family if a mother is healthy, in the sense that she can minimize symptom menopause with his knowledge Which has accepted on education preparation for menopause, family activities will go well. A mother who understand and understand about menopause will apply it in everyday life day so that Mother will Healthy in a manner physique nor psychological so that will impact on physically and psychologically prosperous family. This is in accordance with the opinion Indrani (2007) Which state that menopause No only affairs woman age carry on, every woman should find out the ins and outs of menopause since she was young. knowledge that more about menopause will be able to help women themselves to be able to prepare themselves and can behave and act appropriately in preventing the occurrence of complaints that arise join menopause. the hope, complaint moment menopause can reduce And quality life even will feel on woman itself.

Providing educational preparation for facing menopause to PKK mothers in coaching activities family welfare went smoothly, attended by 13 participants. Participants are residents of Seno Hamlet, Padang Cermin Village, Finish District, Langkat Regency . The participants were very enthusiastic about participating in the activities During the discussion process, there were several mothers who asked about related facts or myths with menopause, in addition to participants Lots ask about sex education.

In accordance with *schedule* devotion public Which arranged by team servant, before counseling is carried out pre-test activities and after the activities are carried out *posttest* . *Pretest* carried out at the beginning, where the participants had not received counseling material about menopause. *The posttest* was carried out after the participants attended counseling activities about menopause. About pre and the *posttest* is a *multiple choice question* in which participants only choose one answer the most correct. The pre and post questions contain extension material including the and sign symptoms, stages of menopause and management of menopause. Time span between pre and *posttest* around 1 O'clock 30 minute. Activity This used as form evaluation material arrived to participant. Results pre And *post-test* there is value increase test, with graphics like under This.

Menopause is a stage in a woman's life when menstruation stops, women Menopausal is said if you have not experienced menstruation for 12 months since menstruation The latter is caused by decreased ovarian function. Menopause will have an impact on health woman, as beginning phase life health reproduction Which new. Woman Which Menopause will feel uncomfortable physically, psychologically and other symptoms. Results post The test showed that participants' scores increased from questions about symptoms that appeared on moment menopause. In conclusion participant will more understand about symptom changemenopause both physically and psychologically.

The age factor is the main factor in the occurrence of menopause, the older the woman, the better the performance the ovaries are getting slower, in addition to surgery and certain medical treatments, such as surgical removal of the ovaries (*bilateral oophorectomy*), chemotherapy, and pelvic radiation, too be a contributing factor to menopause. Some women start going through menopause when aged 40 years and a fraction when they were around 60 years old. It is right on target counseling about menopause with an age range of 40-50 years.

Increasing age cannot be inhibited and the consequences are clearly unavoidable. a women must open their consciousness to be able to accept sincerely the decline in body function overall. In order to support this required information that can educate appropriately so that women can reasonably accept the aging they experience. Most of the women have views and assume menopause is natural symptoms, that thing raises woman No know impact Which Can arise moment will enter period

menopause. Whereas moment enter period menopause woman experience symptoms like hot flashes (*hot flushes*) and sweats at night, fatigue, insomnia, dryness of the skin and hair, aches and pains in the joints, headaches, palpitations (fast heart rate and no regular), and weight increase.

The symptoms of menopause can actually be minimized if a woman have knowledge Which Enough about menopause That Alone. Symptom vasomotor And For improve mood or mood according to *the British Menopause Society (BMS) & Women's Health Concern* , 2016 can be minimized with hormone replacement therapy or *Hormone Replacement Therapy (HRT)*. Meanwhile, to overcome sexual dysfunction according to the replacement estrogen, systemic or topical. Systemic estrogen replacement may increase sexual desire and libido. In addition, topical vaginal estrogen replacement may improve secondary *dyspareunia* consequence *atrophy*

vulvovaginal /syndrome genitourinary menopause, through influence proliferative hison vulvar epithelium and vaginal.

Giving therapy replacement hormone or *Hormone Replacement Therapy* (HRT) or replacement estrogen Good in a manner systemic nor topical must done by doctor expert. Meanwhile, to minimize the symptoms of menopause that women can do themselves, among others others adopt a diet that healthy by consuming calcium, vitamins, phytoestrogens, consumption of fibrous foods, avoid fatty foods, limit consumption of caffeine, salt and sugar. Besides that, with exercise in a manner regular and quit smoking.

CONCLUSION

Community service activity "Providing Education in Preparation for Menopause to Mrs. PKK in the Family Welfare Development Activities went smoothly and participants very enthusiastic, matter the can seen from a number of participant Which submit question to sources. Participants understand and understand the explanation of counseling in dealing with menopause and participants understand the management of menopause. There is a change in knowledge which is measured from the pre and *posttest scores* carried out during counseling activities with values average increase as big 17.35%. Giving education as form *transfer of knowledge* expected can done in a manner routine on Woman Which he hoped after follow In this activity, complaints during menopause can be reduced and the quality of life will be felt at the same time Woman itself.

thank-you note

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