

# THE EFFECT OF WOMEN'S PREMENOPAUSE EDUCATION ABOUT MENOPAUSE PERIOD IN PAKATTO CADDI DUSUN PAKATTO VILLAGE

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## ABSTRACT

**Background:** According to the World Health Organization, the World Health Organization (WHO) premenopausal syndrome and menopause are experienced by many women throughout the world. About 70-80% of European women.60% in America.57% in Malaysia.18% in China and 10% in Japan and Indonesia. The most reported symptoms were 40% feeling hot flush, 38% having difficulty falling asleep, 37% experiencing fatigue at work, 35% often forgetting, 33% irritability, 26% having pain in the joints and feeling excessive headaches (Haeriah et al, 2015). In Indonesia, according to data from the Central Statistics Agency (BPS) with population projections in 2008. **Objective:** The purpose of this study is to find out the effect of the education of premenopausal women on menopause at Pakatto Caddi Village, Pakatto Village. **Method:** The method used is descriptive with cross-sectional design. Subjects were 60 premenopausal women. **Result:** After the Chi-square statistical test was obtained the significance value  $p = 0.018 < \alpha 0.05$ . So  $H_a$  is accepted and  $H_0$  is rejected, which means there is an influence of education and knowledge of premenopausal women about menopause at Pakatto Caddi Village, Pakatto Village. **Conclusion:** Education about the menopause has a huge effect on premenopausal women. The need for health education about menopause for premenopausal women in order to be able to prepare themselves for menopause.

**Keywords:** *Education, Menopausal Women*