

## PREMENOPAUSAL COUNSELING FLIPCHARTS AND ANXIETY LEVELS: A STUDY AT POSBINDU KARTINI, TIGARAKSA DISTRICT, AUGUST 2025

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### ABSTRACT

Pre-menopause is a natural phase occurring in women aged 40-49 years, characterized by a decrease in estrogen levels, which triggers both physical and psychological symptoms, including anxiety. WHO data indicates an increasing number of premenopausal women in Asia, including Indonesia, emphasizing the importance of management to improve quality of life. A preliminary study at Posbindu Kartini, Tigaraksa District, found that 60% of premenopausal women had insufficient knowledge and 70% experienced anxiety. This study aims to analyze the correlation between the use of reproductive health counseling flipcharts and anxiety levels among premenopausal women at Posbindu Kartini, Tigaraksa District, during the August 2025 period. The research method employed a quasi-experimental design with a one-group pretest-posttest approach. The research population consisted of 70 premenopausal women aged 40-49 years, with samples collected using accidental sampling based on inclusion criteria. Data were gathered through demographic questionnaires, premenopausal knowledge assessments, and anxiety level measurements using the Hamilton Anxiety Rating Scale (HARS) before and after the counseling intervention. Data analysis was conducted using univariate and bivariate analysis with the Chi-Square test. Results from 34 respondents showed that the majority were aged 45-49 years (55.9%), had a high school education (50%), were unemployed (61.8%), and had an income equivalent to the minimum wage/UMR (47.1%). Before the intervention, most respondents had insufficient knowledge (67.6%) and nearly half experienced severe anxiety (47.1%). Bivariate analysis showed a significant correlation between knowledge levels and anxiety ( $p=0.011$ ). Counseling using flipchart media was effective in increasing knowledge ( $p=0.013$ ). In conclusion, there is a significant correlation between knowledge and anxiety levels among premenopausal women, and premenopausal reproductive health counseling flipcharts are effective in increasing knowledge and reducing the levels of anxiety experienced during this transition period.

**Keywords :** Anxiety, Counseling, Flipchart, Knowledge, Premenopause

## 1. INTRODUCTION

Perimenopause is a transitional phase before menopause experienced by women aged 40-49 years, typically lasting for 4 to 5 years. This condition is characterized by a decrease in estrogen levels, which affects both physical and psychological well-being, leading to symptoms such as menstrual disorders, hot flashes, insomnia, fatigue, anxiety, stress, and depression. WHO records indicate that in 2019, there were 654 million Asian women in the premenopausal phase, a figure estimated to rise to 1.2 billion by 2025. In Indonesia, the Ministry of Health (Kemenkes RI) predicts that 20.36 million women will enter this phase by 2035.

Previous research supports these findings. Fruitasari (2024) reported that the most common complaints among premenopausal women in Palembang were sleep disturbances (52.1%) and fatigue (50%). Meanwhile, a study by Asifah & Daryanti (2021) showed that 58.3% of women of reproductive age had insufficient knowledge regarding premenopause. This underscores that understanding of premenopause remains low and can significantly impact mental health.

A preliminary study conducted by the author at Posbindu Kartini, Tigaraksa District, found that 60% of premenopausal women had insufficient knowledge, while 70% experienced anxiety. The combination of low knowledge and high anxiety levels indicates a pressing need for effective educational interventions. Based on this background, this study aims to analyze the correlation between reproductive health counseling flipcharts and anxiety levels among premenopausal women at Posbindu Kartini, Tigaraksa District, in 2025.

## 2. METHODS

This study employed a quasi-experimental design with a one-group pretest-posttest approach. The sample consisted of 34 respondents, representing a portion of premenopausal women aged 40-49 years in the Posbindu Kartini area, Tigaraksa District. The sampling method used was non-probability sampling, specifically applying a purposive sampling technique, where the researcher selected samples based on predetermined inclusion criteria.

The instruments utilized included a demographic questionnaire, a premenopausal knowledge questionnaire, and the Hamilton Anxiety Rating Scale (HARS) to measure anxiety levels. The intervention consisted of reproductive health counseling using flipchart media. Data collection was conducted before and after the intervention through pre-tests and post-tests. The data were then analyzed using univariate analysis to describe respondent characteristics and bivariate analysis using the Chi-Square test to determine the correlation between knowledge and anxiety, as well as the effectiveness of the counselling.

This research was conducted at Posbindu Kartini, Tigaraksa District, on August 4, 2025, aiming to identify the correlation between the use of flipchart media in premenopausal reproductive health counseling and anxiety levels among women approaching menopause. The respondents were women aged 40-49 years, selected using an **accidental sampling** technique. Data were collected via questionnaires and subsequently analyzed using Microsoft Excel and SPSS version 31. This study encountered limitations regarding the sample size due to time

constraints and the Posbindu activity schedule. Consequently, the variation in respondent characteristics was limited, and the scope of the research findings remained relatively narrow.

3. RESULTS

1. Frequency Distribution of Respondent Characteristics (Education Level, Age, Employment status, and Economic Income) Among Premenopausal Women at Posbindu Kartini, Tigaraksa District

variable	Frequency (f)	Percentage (%)
<b>Education</b>		
College	3	8,8
Senior High School	17	50
Junior High School	4	11,8
Elementary School	10	29,4
No school	0	0
<b>Age</b>		
40-44 Year	15	44,1
45-49 Year	19	55,9
<b>Employment status</b>		
Employed	13	38,2
Unemployed	21	61,8
<b>Economic Income</b>		
<Minimum Wage (Rp 4,901,117)	12	35,3
Minimum Wage (Rp 4,901,117)	16	47,1
>Minimum Wage (Rp 4,901,117)	6	17,6
<b>Total</b>	<b>34</b>	<b>100</b>

Table 1. Characteristics of respondents

Based on the results in Table 1 with a total of 34 respondents, it can be concluded that the majority of respondents belong to the pre-elderly age group of 45-49 years (55.9%). In terms of education, the majority have a senior high school background (50%). Regarding employment status, most respondents are

unemployed (61.8%), and nearly half have an income level equivalent to the regional minimum wage (UMR) (47.1%).

2. Frequency Distribution of Knowledge Levels (Pre-test) Among Premenopausal Women at Posbindu Kartini, Tigaraksa District.

Variable	frequency	percentage
good	2	5,9%
enough	8	23,5%
poor	24	70,6%
<b>total</b>	<b>34</b>	<b>100%</b>

Table 2 Respondent's knowledge (Pre-test)

Based on the research findings from 34 respondents, it was found that the majority had a poor level of knowledge, accounting for 24 individuals (70.6%). Meanwhile, nearly half of the remaining respondents, totaling 8 people (23.5%), possessed sufficient knowledge, and a small minority of 2 people (5.9%) had a good level of knowledge.

3. Frequency Distribution of Knowledge Levels (Post-test) Among Premenopausal Women at Posbindu Kartini, Tigaraksa District.

Variable	frequency	percentage
good	26	76,5%
enough	8	23,5%
poor	0	0%
<b>total</b>	<b>34</b>	<b>100%</b>

Table 2 Respondent's knowledge (Post-test)

Based on the research findings from 34 respondents, it was found that the majority had a good level of knowledge, accounting for 26 individuals (76.5%). Meanwhile, a small minority of 8 respondents (23.5%) possessed sufficient knowledge, and none of the respondents (0%) fell into the poor knowledge category.

4. Frequency Distribution of Anxiety Levels Among Premenopausal Women at Posbindu Kartini, Tigaraksa District.

Variable	frequency	percentage
No anxiety	0	0%
Mild anxiety	8	23,5%
Moderate anxiety	10	29,4%
Severe anxiety	16	47,1%
Very severe anxiety	0	0%
<b>total</b>	<b>34</b>	<b>100%</b>

Table 3 Respondent's Anxiety Levels

Based on the research findings from 34 respondents, it was found that nearly half of the respondents experienced severe anxiety, totaling 16 individuals (47.1%). Others experienced moderate anxiety, accounting for 10 people (29.4%), and mild anxiety, involving 8 people (23.5%). There were no respondents (0%) in the categories of no anxiety or very severe anxiety.

5. The Correlation Between Education and Anxiety Levels Among Premenopausal Women at Posbindu Kartini, Tigaraksa District.

variable	Anxiety								p-value
	Mild anxiety		Moderate anxiety		Severe anxiety		Total		
	f	%	f	%	f	%	f	%	
<b>Education</b>									
College	2	25	1	10	0	0	3	8,8	0,166
Senior High school	4	50	7	70	6	37,5	17	50	
Junior High school	1	12,5	0	0	3	18,8	4	11,8	
Elementary school	1	12,5	2	20	7	43,8	1	29,4	
No school	0	0	0	0	0	0	0	0	
<b>Total</b>	<b>8</b>	<b>100</b>	<b>10</b>	<b>100</b>	<b>16</b>	<b>100</b>	<b>34</b>	<b>100</b>	
<b>Age</b>									
40-44 Year	3	37,5	5	50	7	43,8	1	44,1	0,868
45-49 Year	5	62,5	5	50	9	56,3	1	55,9	
<b>Total</b>	<b>8</b>	<b>100</b>	<b>10</b>	<b>100</b>	<b>16</b>	<b>100</b>	<b>34</b>	<b>100</b>	
<b>Employment status</b>									

Employed	5	62,5	5	50	3	18,8	1	38,2	0,076
Unemployed	3	37,5	5	50	13	81,3	2	61,8	
<b>Total</b>	<b>8</b>	<b>100</b>	<b>10</b>	<b>100</b>	<b>16</b>	<b>100</b>	<b>34</b>	<b>100</b>	
<b>Economic Income</b>									
<Min. Wage (Rp 4,901,117)	2	25	3	30	7	43,8	1	35,3	0,428
Min. Wage (Rp 4,901,117)	3	37,5	5	50	8	50	16	47,1	
>Min. Wage (Rp 4,901,117)	3	37,5	2	20	1	6,3	6	17,6	
<b>Total</b>	<b>8</b>	<b>100</b>	<b>10</b>	<b>100</b>	<b>16</b>	<b>100</b>	<b>34</b>	<b>100</b>	
<b>Knowledge</b>									
good	2	25	0	0	0	0	2	5,9	0,166
enough	3	37,5	4	40	1	6,3	8	23,5	
poor	3	37,5	6	60	1	93,8	2	70	
<b>total</b>	<b>8</b>	<b>100</b>	<b>10</b>	<b>100</b>	<b>16</b>	<b>100</b>	<b>34</b>	<b>100</b>	

Based on the Chi-Square test results in Table 5, the **p-value** = 0,166 ( $p > \alpha 0,05$ ), Consequently, it can be concluded that H0 is accepted, meaning there is no significant correlation between **education level and anxiety** levels among premenopausal women. Based on the Chi-Square test results is the **p-value** = 0.868 ( $p > \alpha 0,05$ ). Consequently, it can be concluded that H0 is accepted, meaning there is no significant correlation between **age and anxiety** levels among premenopausal women. The **p-value** = 0.076 ( $p > \alpha 0,05$ ). Consequently, it can be concluded that H0 is accepted, meaning there is no significant correlation between **employment status and anxiety** levels among premenopausal women. The **p-value** = 0.428 ( $p > \alpha 0,05$ ). Consequently, it can be concluded that H0 is accepted, meaning there is no significant correlation between **Economic Income and anxiety** levels among premenopausal women. The **p-value** = 0.011 ( $p > \alpha 0,05$ ). Consequently, it can be

concluded that H0 is accepted, meaning there is no significant correlation between **knowledge and anxiety** levels among premenopausal women.

6. The Correlation of Premenopausal Women's Knowledge Before and After Counseling Using Flipcharts at Posbindu Kartini, Tigaraksa District.

Knowledge (Pre-test)	Knowledge (Post-test)						p-value
	good		enough		Total		
	f	%	f	%	f	%	
good	2	7,7	0	0,0	2	5,9	0,113
enough	8	30,8	0	0,0	8	23,5	
poor	16	61,5	8	100	24	70,6	
Total	8	100	1	100	34	100	

Based on the Chi-Square test results, the **p-value** = 0.113 ( $p > \alpha 0,05$ ). Consequently, it can be concluded that H0 is accepted,, meaning there is no significant correlation regarding the knowledge of premenopausal women before and after counseling using flipcharts

**4. DISCUSSION**

**1. The Correlation Between Education and Anxiety Levels.**

This result contrasts with the theory suggesting that higher education can enhance an individual's ability to absorb information and reduce stress (Adikusumo, 2003 in Helmi, 2023). It is possible that other factors, such as social support, personal experience, or the severity of physical premenopausal symptoms, exert a greater influence on respondents' anxiety than their formal education level.

**2. The Correlation Between Age and Anxiety Levels.**

Although age is an internal factor that can influence anxiety (Adikusumo, 2003 in Helmi, 2023), this finding may be attributed to the homogeneity of the sample, which falls within a relatively narrow premenopausal age range (40-49 years). During this transitional phase, hormonal changes and premenopausal symptoms may have a more dominant and uniform impact on anxiety levels compared to age differences within the group.

**3. The Correlation Between Occupation and Anxiety Levels.**

According to Sebtalesy & Mathar (2019), career women tend to experience milder climacteric complaints; however, this finding indicates that employment status is not a direct primary predictor of anxiety levels in this sample. This may be because the impact of work on anxiety is complex and varies between individuals, or other personal and environmental factors are more dominant.

**4. The Correlation Between Income and Anxiety Levels.**

While economic income is recognized as a factor influencing access to resources and the ability to cope with stress (Sebtalesy & Mathar, 2019), the results of this study show that economic factors are not the main trigger for anxiety. According to Helmi (2023), material wealth can reduce the risk of stress caused by financial problems; however, in this sample, anxiety is more dominantly influenced by biological factors, such as hormonal changes, and psychological factors, such as adaptation to bodily changes and shifting roles, rather than financial pressure alone.

**5. The Correlation Between Knowledge and Anxiety Levels**

Based on the Chi-Square test results, a p-value of 0.011 ( $p < 0.05$ ) was obtained, which is statistically significant. This indicates that there is a correlation between knowledge levels and anxiety levels among premenopausal women. This finding supports the theory that adequate knowledge can increase self-confidence and reduce anxiety when facing uncertain situations (Adikusumo, 2003 in Helmi, 2023). Good knowledge regarding premenopause helps women understand the physiological and psychological changes occurring in their bodies, making them feel

more prepared, capable of controlling their condition, and protected from myths or unfounded fears. Thus, accurate knowledge plays a vital role in lowering anxiety levels.

### 6. The Correlation of Premenopausal Women's Knowledge Before and After Counseling Using Flipcharts

According to Devi et al. (2023), counseling is defined as a systematic process aimed at providing complete and objective information by utilizing interpersonal communication skills and clinical knowledge. Flipcharts, as a health promotion medium, are considered highly effective because they can convey messages broadly, are easy to use and understand, and are engaging due to the combination of images and text, thereby significantly increasing knowledge (Sutrisno & Ariyanto, 2022; Ratnasari & Arnisam, 2023). Therefore, counseling interventions using flipcharts have proven effective in increasing respondents' knowledge. This increase in knowledge, as shown in the previous analysis, is expected to correlate positively with a decrease in anxiety levels, as a better understanding of the condition can reduce uncertainty and fear.

### 5. CONCLUSION

1. Frequency distribution of anxiety levels among premenopausal women at Posbindu Kartini, Tigaraksa District, nearly half of the respondents experienced severe anxiety, totaling 16 individuals (47.1%). Others experienced moderate anxiety (10 people or 29.4%) and mild anxiety (8 people or 23.5%). There were no respondents in the categories of no anxiety or very severe anxiety (0%).
2. Frequency distribution of knowledge levels the distribution of knowledge levels among premenopausal women at Posbindu Kartini, Tigaraksa District, before the intervention showed that 24

people (70.6%) had poor knowledge, 8 people (23.5%) had sufficient knowledge, and 2 people (5.9%) had good knowledge. After the intervention, good knowledge increased to 26 people (76.5%), while 8 people (23.5%) maintained sufficient knowledge, and none remained in the poor knowledge category (0%).

3. Non-significant correlations (demographics) there were no significant correlations between age, education, occupation, or economic income and anxiety levels among premenopausal women at Posbindu Kartini, Tigaraksa District.
4. Significant correlation and intervention analysis there was a significant correlation between knowledge levels and anxiety levels among premenopausal women at Posbindu Kartini, Tigaraksa District. However, there was no significant correlation regarding the change in knowledge before and after flipchart-based counseling specifically in relation to the anxiety levels of premenopausal women at Posbindu Kartini, Tigaraksa District.

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