

THE EFFECT OF EDUCATIONAL VIDEOS ON KNOWLEDGE ABOUT MENOPAUSE OF ELDERLY POSYANDU PARTICIPANTS IN BLABAK VILLAGE, KEDIRI REGENCY

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One of the factors that affect women's readiness in facing menopause is maternal knowledge. The cause of the lack of maternal knowledge is education where each mother has a different last education. This study aims to analyze the effect of health education on knowledge about menopause in elderly posyandu participants in Blabak Village, Kediri Regency. The research design used by the researcher is a pre-experimental design with one-group pre-post test design research. The number of samples is 36 respondents with a population of 40 elderly people. with a simple random sampling technique. The research instrument uses a questionnaire. The independent variable is health education. The dependent variable is knowledge about menopause. The results of knowledge about menopause before health education were in the poor category of 27 respondents (75%). After health education about menopause, respondents experienced an increase in the category to good by 33 respondents (91.7%). The results of the study using the Wilcoxon Test with a value of $\alpha = 0.05$ obtained a significant result of 0.000, because the significant value < 0.05 which means that there is an effect of health education on knowledge about menopause in elderly posyandu participants in Blabak Village, Kediri Regency. In this study, knowledge after being given health education about menopause has increased. This proves that health education can be obtained, one of which is from listening and reading on health education videos. very influential on a person's knowledge because they get health education with material that is given repeatedly and discussions are held with respondents.

Keywords: Knowledge, Health Education, Menopause

INTRODUCTION

Humans in their increasing age will experience growth and development. As humans age, growth will stop at a certain stage which can cause various changes in the function of the human body. These changes in body function can usually occur in the aging process or commonly called menopause where physical and psychological changes will occur. Menopause indicates that a woman's menstrual and reproductive period has ended. Menopause is a condition where a woman no longer menstruates. Menopause begins at different ages, generally around 48-55 years of age.(Fajriyani Aisyah & Ika Indriyastuti, 2019).

WHO estimates that in 2025 in Indonesia there will be 60 million menopausal women (Ulya & Andanawarih, 2021). The number of female population in Indonesia in 2021 was 49.5% of the total

population (Central Bureau of Statistics of Indonesia, 2022).(Khalida et al., 2022) Based on the Indonesian Demographic and Health Survey, in Indonesia the percentage of women aged 30-49 who experience menopause reached 16.1% with a total of 28,767 women. The proportion of women aged 30-49 who experience menopause increases with age, from 10% in women aged 30-34, then to 17% in women aged 44-45, and to 43% in women aged 48-49.(Milatul Asifah & Menik Sri Daryanti, 2021).

A preliminary study conducted by researchers in November 2023 at the Blabak Village Elderly Posyandu with 10 mothers aged 48-55 years found that mothers were still less aware of the physical and emotional changes when entering menopause and almost the majority of the preliminary studies conducted showed that mothers did not consume enough healthy food when entering menopause.

According to Fajriyani Aisyah & Ika Indriyastuti (2019) Changes that will change can usually occur when a woman experiences aging or what is often called Menopause. Menopause is a condition where a woman no longer menstruates. During that time, a woman's reproductive capacity will stop. Many women consider menopause to be scary and make them anxious, this may come from the thought that they will become old, unhealthy, and no longer beautiful.

According to Cipto (2020) Knowledge will affect attitudes towards healthy living behavior and in overcoming problems that do not understand attitudes in dealing with menopause. Attitudes in this behavior will not occur if menopausal women have sufficient knowledge that the menopause period will cause normal symptoms. Increasing a person's knowledge can be done in various ways, one of which is by providing health education. Based on the description above, researchers are interested in conducting research on the Effect of Educational Videos on Knowledge About Menopause in Elderly Posyandu Participants in Blabak Village, Kediri Regency.

RESEARCH METHODOLOGY

This study uses a pre-experimental design research design with one-group pre-post test design research. The number of samples is 36 respondents with a population of 40 elderly people sampling using simple random sampling techniques. In data analysis using the Wilcoxon test.

RESEARCH RESULT

Table 1 Distribution of Respondent Characteristics and Variables

Research result	Frequency (f)	Percent (%)
Age		
48-50	19	53%
51-53	9	25%
54-55	8	22%
Education		
SD	22	61%
JUNIOR HIGH SCHOOL	10	28%
SENIOR HIGH SCHOOL	4	11%
Work		
Trader	10	28%
Retired factory	7	19%
Housewife	19	53%
Prior Knowledge		
Good	9	25%
Not enough	27	75%
After Knowledge		
Good	33	91.7%
not enough	3	8.3%

Amount	36	100
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Source: Research Questionnaire, July 28, 2024

Table 2 Cross Tabulation Between Variables

			post		Total
			not enough	Good	
Pre	Not enough	Count	3	24	27
		% of Total	8.3%	66.7%	75.0%
	Good	Count	0	9	9
		% of Total	.0%	25.0%	25.0%
Total		Count	3	33	36
		% of Total	8.3%	91.7%	100.0%

Source: Research Questionnaire dated July 28, 2024

Based on table 2 above, it is known that respondents with knowledge in the poor category about menopause amounted to 27 respondents (75.0%), after being given health education intervention, respondents' knowledge increased to the good category amounting to 33 respondents (91.7%).

Analysis of Research Statistical Test Results

	Post – pre
Z	-4.899a
Asymp. Sig. (2-tailed)	.000

Based on the table above, after conducting a statistical test using the Wilcoxon Test with a value of $\alpha = 0.05$, the results of the significance value were 0.000 because the significance value < 0.05 , which means that there is an influence of Health education on knowledge about menopause in elderly Posyandu participants in Blabak Village, Kediri Regency.

DISCUSSION

Identification of the Influence of Knowledge about Menopause on Elderly Posyandu Participants in Blabak Village, Kediri Regency before the Educational Video Intervention.

Respondents' knowledge before the health education intervention on elderly mothers' knowledge about menopause at the Blabak Village Elderly Posyandu, Kediri Regency. Of the 36 respondents before the health education intervention about menopause, data was obtained that the majority of respondents had insufficient knowledge of 27 respondents (75%). This insufficient knowledge was caused by menopause knowledge, there were statements about the meaning of menopause, signs and symptoms of menopause, psychological changes, factors that influence menopause, how to deal with menopause. This can be seen from the results of the questionnaire, there were 22 respondents (61%) seen from the diagram in Figure 4.2, who had elementary school education where one of the factors that influences knowledge about menopause is the level of education.

According to Stuart & Sundeen (2019) Low education will cause people to easily experience anxiety, the level of education of a person or individual will affect the ability to think, the higher the level of education, the easier it is to think rationally and capture new information including in describing new problems. This study is in line with research conducted by Astuti et al. (2022) found that the health education method with counseling can increase respondents' knowledge. A person's knowledge is usually obtained from experiences that come from various sources such as media, posters, close relatives, mass media, electronic media, manuals, health workers and so on (Makahanap, Kunder, Bataha, 2023).

From the data above, it can be concluded that knowledge after being given health education about menopause has increased due to the acceptance of new information to elderly mothers who are experiencing menopause so that it can increase the mother's knowledge about menopause. With this, elderly posyandu participants have the knowledge to face menopause so that they do not ask questions or even do not know about menopause.

Identification of the Influence of Knowledge about Menopause on Elderly Posyandu Participants in Blabak Village, Kediri Regency after the Educational Video Intervention.

Respondents' knowledge after the health education intervention on menopause was obtained that the respondents' knowledge increased where knowledge with a good category was 33 (91.7%) respondents, while knowledge was lacking was 3 (8.3%). This proves that health education can increase knowledge, knowledge can be obtained one of which is from hearing, reading and being given leaflets, and it was obtained from the results of the study that health education greatly influences a person's knowledge because where a person gets health education with material that is given repeatedly and discussions are held with respondents.

Based on the results of the study (Dita, 2017) There was an increase in respondents' knowledge about menopause as a result of receiving new information through health education that could be well understood by the PKK mothers of Dukuh Menjing RT 03 Donohudan Ngemplak Boyolali. According to (Jafari, Seifi, Heidari, 2017) said that education programs and interventions on menopausal symptoms are considered important in menopausal women. Working women seem to suffer more than non-working women from psychological and somatic symptoms. Educated women show a lower incidence of psychological and somatic symptoms. education level also contributes to significant variations in menopausal symptoms. It is feasible to implement group education about menopause for women. The use of group interventions to improve memory self-efficacy during the menopause war continues to be evaluated.

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Analysis of the Influence of Educational Videos on Knowledge of Menopause Among Elderly Posyandu Participants in Blabak Village, Kediri Regency

The results of the study showed that after conducting a statistical test using Wilcoxon with a value of $\alpha < 0.05$, a significant value of 0.000 ($\alpha < 0.05$) was obtained because the significant value < 0.05 means that there is an influence of educational videos on knowledge about menopause in elderly Posyandu participants in Blabak Village, Kediri Regency.

This study is in line with the theory of Djamarah SB, et al. which states that audiovisual media has several properties including the ability to increase perception, understanding, knowledge and retention or memory (Purwono, 2014). One factor that can be seen from the results of this study is the media used. This is in accordance with the opinion of Notoadmodjo (2007) that the use of audiovisual media that involves two senses at once is able to absorb and receive more material than using one media. This study used video media which made the target more interested because of the audio and visual elements and longer memory of the lesson. This is also in accordance with Arlina's research (2015) that the combination of audio and visual can provide meaningful results on the knowledge of mothers in undergoing menopause.

One strategy for behavioral change is providing information to increase knowledge so that awareness arises which in the end people will behave according to their knowledge. One effort to provide information that can be done is counseling. Attitude changes are basically influenced by knowledge and

belief/trust factors obtained from the results of sensing, one of which is obtained through education or learning processes (WHO, 2007).

According to the researcher, the increase in knowledge that occurred after counseling proves that counseling has an effect on the level of community knowledge. A person's knowledge is usually obtained from experiences that come from various sources such as media, posters, close relatives, mass media, electronic media, manuals, health workers and so on. Mothers who have a low level of education find it difficult to accept the material presented even though it uses easy-to-understand language. The higher the level of education, the easier it is for someone to accept the information they get. In addition, the mother's experience factor in dealing with menopause is also very important where mothers who have experienced menopause usually find it easier to fill out questionnaires and understand each counseling material.

From the data above, it can be concluded that there is an influence of health education on maternal knowledge about menopause, very different results were obtained before and after health education was carried out, which was very influential, where health education with the lecture method can increase a person's knowledge, where this method is easiest to apply in a society with different knowledge. The advantages of this lecture method are that the lecturer is easy to master the meeting, can be followed by many people, and is relatively easy to prepare and implement. Good lecture techniques support the achievement of optimal absorption and understanding so as to increase a person's knowledge, and coupled with the video method when delivering the material also increases memory because it involves two senses at once, able to absorb and remember the material compared to one medium. In this study, respondents were more interested in the lectures and videos delivered by the speakers.

CONCLUSION

1. Knowledge before the health education intervention about menopause entered the category of lacking (75%). Where the last education was elementary school which was the most dominant lack of knowledge about menopause among elderly posyandu participants in Blabak Village, Kediri Regency.
2. Knowledge after health counseling about menopause entered the good category (91.7%). From this result, what influences the lack of knowledge of elderly posyandu participants in Blabak Village, Kediri Regency is the last education factor, such as the last education of elementary school and junior high school which experienced a lot of increase in knowledge.
3. There is an influence of health education on knowledge about menopause in elderly Posyandu participants in Blabak Village, Kediri Regency and based on the results of the Wilcoxon test, the p value was obtained = 0.000 where $p < 0.05$.

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