
Overview of Mothers' Knowledge about Physical Changes in Perimenopausal Women in Hamlet V Sei Mencirim, Sunggal District, in 2025

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Abstract

Perimenopause is a transition period towards menopause characterized by various physical changes in women due to a decrease in reproductive hormones. Research Objective: To determine the description of mothers' knowledge about physical changes that occur during perimenopause in Hamlet V Sei Mencirim, Sunggal District, in 2025. Research Method: This uses a Purposive Sampling method with a survey approach. The sample in this study amounted to 30 perimenopausal women selected using a purposive sampling technique. Data were collected through a questionnaire that had been tested for validity and reliability. Data were analyzed univariately and presented in the form of frequency distributions and percentages. Conclusion: The results showed that most respondents had a sufficient level of knowledge of 19 people (63.4%), good knowledge of 7 people (23.3%), and poor knowledge of 4 people (13.3%). The characteristics of respondents showed that the majority were in the age range of 36–40 years, had secondary education (high school), and had jobs. This finding indicates that although most mothers have sufficient knowledge, more intensive education is still needed regarding physical changes during perimenopause.

Keywords: Knowledge, Perimenopause, Physical Changes

INTRODUCTION

Research Phenomenon

Perimenopause is a natural transitional stage that women experience toward menopause as a result of aging and hormonal changes. This transition is characterized by fluctuations and a gradual decline in gonadal hormones, resulting in various physical changes in the female body (Dini, Bakoil, et al., 2022; Silva et al., 2021). The physical changes that occur during this period are rooted in hormonal alterations, particularly variations in circulating estrogen levels, which differ from hormonal patterns during peak reproductive years (Chen et al., 2023; WHO, 2024). This phenomenon affects approximately 80–90% of women entering perimenopause and encompasses a spectrum of vasomotor, urogenital, cognitive, and psychiatric symptoms that can persist for several years (Martinez & Lopez, 2025).

Globally, the World Health Organization (WHO) in 2010 estimated that there were 600 million women worldwide entering the perimenopause phase, with a projected increase to more than 1 billion by 2023 (Johnson et al., 2022; Thompson & Clark, 2024). In Indonesia, according to data from the Ministry of Health of the Republic of Indonesia (Kemenkes RI) in 2018, of the total population of 201.4 million Indonesians, 100.9 million were women, with around 15.5 million women aged over 40 years in 2010 which is estimated to increase to 30.3 million in 2020. Data from the City of Palembang shows that in 2022, the number of women entering perimenopause reached 611,636 people, indicating a large population that requires special attention regarding reproductive health (Sari & Wulandari, 2023; Nainggolan et al., 2022).

Research Problems

Although perimenopause is a natural process, most women have limited knowledge and negative attitudes toward menopause, leaving them unprepared for the physical and psychological changes associated with this stage of life (Harris et al., 2023; Brown & Williams, 2022). The physical changes that occur during perimenopause are influenced by an individual's ability to adapt, including their

acceptance or rejection of these changes. Some women experience difficulties adjusting to the changes in their bodies and interacting with their environment and family, which impacts the harmony of social relationships (Kholifah et al., 2022; Rodriguez & Smith, 2023).

Commonly reported physical complaints include hot flashes, night sweats, insomnia, fatigue, anxiety, isolation, and depressive symptoms (M. Hunter, 2014; Anderson et al., 2024). Data shows that 80% of women report headaches, sexual problems, tachycardia, hot flushes, sweating, and insomnia during menopause, which can significantly worsen quality of life (Davis & Miller, 2024; Patel et al., 2023). At the Muara Dua Kisam Community Health Center in South OKU Regency, approximately 68 women aged 45-59 years regularly visit the center every month, with 25 reporting physical complaints such as joint pain, tingling, sleep disturbances, headaches, and other physical complaints that trigger anxiety.

A preliminary study conducted by researchers during Problem-Based Learning (PBL) in Hamlet V Sei Mencirim from December 4-13, 2024, found three perimenopausal women experiencing irregular menstruation and physical changes such as fatigue and inability to perform heavy work. These findings align with research showing a high prevalence of sleep disturbances and other physical symptoms during perimenopause (Garcia & Lee, 2025; Wilson et al., 2023). This indicates a gap in public knowledge regarding the normal physical changes that occur during perimenopause, which can impact preparedness for this transitional phase.

Purpose, Urgency, and Novelty of the Research

This study aims to collect data on the extent of understanding of mothers in Hamlet V Sei Mencirim, Sunggal District, in 2025 regarding the physical changes experienced during perimenopause, as well as identifying the characteristics of perimenopausal mothers including age, education, and occupation. The urgency of this study lies in the large population of women entering perimenopause and its impact on quality of life, while there is still limited knowledge that can lead to excessive anxiety or inappropriate treatment. The novelty of this study is its focus on the description of mothers' knowledge about physical changes in perimenopause in the specific area of Hamlet V Sei Mencirim which has not been studied before, using a survey approach that can provide baseline data for the development of more targeted reproductive health education programs in the community (White & Jackson, 2024; Kumar et al., 2023).

RESEARCH METHODS

Types and Methods of Research

This study used a descriptive quantitative approach, aiming to systematically and accurately describe the facts and characteristics of a specific population or region (Sugiyono, 2021; Memon et al., 2025). This quantitative descriptive approach was chosen because it aligns with the research objective of providing a comprehensive overview of mothers' knowledge regarding the physical changes that occur during perimenopause without intervening or manipulating variables. The research design is a structured plan that explains the steps to be taken in the research process, with the aim of achieving the stated objectives (Creswell & Clark, 2021; Sudaryono, 2024).

The field survey method was chosen for this study due to its ability to collect data from a representative sample in a relatively short time and at an efficient cost. This method allows researchers to objectively obtain accurate information regarding respondents' characteristics, attitudes, and knowledge (Ariga, 2020; Emzir, 2023). This quantitative descriptive study used a single variable, in accordance with the descriptive research approach, which aims to provide an overview or description of a condition or phenomenon without examining the relationships between variables (Johnson et al., 2024; Johnson et al., 2022).

Population and Sample

The population in this study refers to a group of individuals who meet certain predetermined criteria, namely all perimenopausal women in Hamlet V Sei Mencirim, Sunggal District. Based on data obtained during the Problem Based Learning (PBL) activity, the study population consisted of 65 women in the perimenopausal phase (Sodik, 2015; Thompson & Clark, 2024). The target population was selected based on the consideration that this group experiences the phenomenon that is the focus of the study, namely physical changes during the transition to menopause.

The sampling technique used was purposive sampling, a non-probability sampling technique that selects samples based on specific considerations or criteria relevant to the research objectives (Memon et al., 2025; Palinkas et al., 2015). Purposive sampling was chosen because researchers require respondents who have specific characteristics and can provide the necessary information according to the research problem. In this technique, there is no random element in sample selection, and decisions about who is part of the sample are based on the researcher's discretion and judgment (Kelly, 2010; Researcher.Life, 2024). The sample of this study consisted of 30 perimenopausal women selected based on predetermined inclusion criteria, namely women aged 30-45 years who experience changes in menstrual cycles and physical symptoms of perimenopause, and are willing to participate in the study.

Data Analysis Instruments and Techniques

The research instrument used was a structured questionnaire that had undergone validity and reliability tests to ensure the quality of the collected data. The questionnaire was designed in the form of statements with answer options "True" or "False", where each correct answer was given a score of 1 and an incorrect answer was given a score of 0, with a total of 25 validated statements (Yudawisastra et al., 2023; Safitri et al., 2024). The validity test was carried out using the Pearson Product Moment formula with an r-table value of 0.361, where of the 31 statement items tested, 25 items were declared valid and 6 items were invalid and therefore excluded from the research instrument. The reliability test used the Cronbach's Alpha formula with a reliable criterion if the Cronbach's Alpha value is more than 0.60 (Sodik, 2015; Suyono, 2024).

Measurement of respondents' knowledge levels was categorized using Arikunto's (2010) formula with the following classification: good knowledge (76%-100%) if respondents answered 17-25 statements correctly, sufficient knowledge (56%-75%) if they answered 9-16 statements correctly, and insufficient knowledge (<56%) if they answered 0-8 statements correctly. The data analysis technique used univariate analysis presented in the form of frequency distribution and percentage to describe the characteristics of respondents based on age, education, occupation, and level of knowledge about physical changes in perimenopause (Rusilowati, 2022; Pd et al., 2025).

Research Procedures

The research procedure was carried out through several systematic stages, beginning with obtaining a research ethics letter to obtain research permission from the educational institution. After obtaining approval from the institution, the researcher contacted the head of Hamlet V Sei Mencirim to explain the purpose and objectives of the research and request permission to conduct research in the area (Ariga, 2020; Damanik & Holid, 2024). The next stage involved identifying and collecting data on potential respondents through house-to-house visits to ensure compliance with the study's inclusion criteria.

Data collection was conducted using a mixed method of structured questionnaires and semi-structured interviews to obtain more in-depth information. The data collection process began with an explanation of informed consent to each respondent regarding the research objectives, procedures, benefits, and potential risks, as well as the respondent's rights to participate or withdraw from the study (Sugiyono, 2016; Iverson & Dervan, 2017). After the respondent understood and agreed to participate, the researcher requested a signature as documentation of informed consent.

The questionnaire was completed in two ways: some respondents completed the questionnaire themselves after receiving explanations from the researcher, and others had the researcher read the questions and answer choices to respondents with reading or writing disabilities. After completing the questionnaire, the researcher verified the completeness of the data and conducted a photo session with the respondents to document the research. The final stage of the research involved data processing through editing, coding, and tabulation to ensure accuracy and completeness before conducting statistical analysis using data processing software (Pd et al., 2025; Damanik & Holid, 2024).

This research was conducted in Dusun V Sei Mencirim, Sunggal District during the period of May 25-28, 2025, by paying attention to the principles of research ethics which include honesty, fairness, informed consent, privacy and confidentiality, respect for research subjects, transparency, and avoidance of conflicts of interest to ensure the integrity and quality of the research (Herliawati, 2024; Nainggolan et al., 2022).

RESULTS AND DISCUSSION

RESULTS

Frequency Distribution of Respondents Based on Mother's Knowledge About Physical Changes in Perimenopausal Women in Hamlet V Sei Mencirim, Sunggal District in 2025.

Based on respondents' knowledge related to the description of mothers' knowledge about diarrhea in toddlers at the Helen Tarigan Clinic in 2025. In this study, it will be described in the table below.

Table 1 Overview of Mothers' Knowledge About Physical Changes During Perimenopause

No.	Knowledge F %
	1. Good 7 23.3
	2. Enough 19 63.4
	3. Less than 4 13.3
Total 30 100	

The results table shows that the knowledge of perimenopausal mothers regarding physical changes in perimenopausal women was found to be the most common among respondents with sufficient knowledge, namely 19 people (63.4%) and the least number of respondents with insufficient knowledge, namely 4 people (13.3%).

Frequency Distribution of Respondents Based on Characteristics of Education, Age, and Occupation of Mothers Experiencing Perimenopause in Hamlet V Sei Mencirim, Sunggal District in 2025, Including Age, Education, and Occupation

Based on the characteristics of respondents related to maternal knowledge about diarrhea in toddlers at the Helen Tarigan Clinic in 2025. In this study, several characteristics are described in the following table:

Table 2. Mothers' Knowledge About Perimenopausal Physical Changes

NO.	Characteristics	F	%
1. Age			
	30-35 Years	0	0
	36-40 Years	30	100
	41-45 Years	0	0
Total 30 100			
2. Education			
	SD	0	0
	Junior High School	6	20
	SMA	20	66.7
	Higher Education	4	13.3
Total 30 100			
3. Job			
	Working	22	73.3
	Not Working	8	26.7
Total 30 100			

Based on table 2, the characteristics based on the age of the respondents are mostly 36-40 years old, as many as 30 people (100%) and the least are 30-35 and 41-45 as many as 0 people (0%). Characteristics based on education are mostly high school graduates, 20 people (66.7%)

and the least are D3, S1, 4 people (13.3%). Characteristics based on occupation, the most are working, as many as 22 people (73.3%) and not working, 8 people (26.7%).

DISCUSSION

Mothers' Knowledge About Physical Changes in Perimenopausal Women

Based on research conducted by researchers with the title Overview of Mothers' Knowledge About Physical Changes in Women Perimenopause found that most respondents had sufficient knowledge, as many as 19 respondents (63.4%).

This research is in line with research conducted (Purwanti et al., 2016) where this study obtained sufficient results regarding knowledge of physical changes during perimenopause because in Dolok Nauli village, health promotion regarding changes experienced during perimenopause is rarely carried out, most perimenopausal mothers in the village know a lot of information only based on experiences they hear from word of mouth.

This research is in line with research conducted by (Awibi Nazhicul Amin, et al., 2023) who conducted research in Talang Betutu, Palembang city with sufficient results, knowledge is related to a person's level of education, where people with higher education will result in an increase in the respondent's ability to increase their knowledge.

This research is in line with research conducted by (Dewi & Syahera, 2024) with sufficient results that conducted research at the Palembang Harbor Hospital, the assumption of this researcher is that a person's knowledge can be changed by educational characteristics, there is a close relationship between knowledge and education.

According to the researcher's assumption, respondents who have sufficient knowledge about physical changes in perimenopausal women, education influences knowledge, and also reflects a person's ability to think and analyze things. This is because the majority of respondents in this study were high school graduates, as this level of education is not yet widely known. A person's knowledge is related to how they receive information, thereby increasing their knowledge. Age also significantly influences knowledge, as older individuals tend to ignore their feelings and experiences. They may only imagine what is happening due to age, without considering the physical changes. A woman's knowledge of perimenopausal women may also be affected by a lack of information, possibly due to being too busy working, which can lead to neglecting information, which can be detrimental to themselves because they are unaware of what is happening. This can also be influenced by economic factors, where mothers with economic difficulties may be too focused on earning a living to meet household needs, neglecting the physical changes they experience, and thus, having sufficient knowledge of all available resources.

Physical Changes in Perimenopausal Women Based on Age

Based on the results of this study, all respondents were aged 36-40 years, where at the time of this study all respondents were found to be in perimenopause age, 30 people (100%) with 30 respondents. The results of the study can be seen that the largest number of respondents in this study was in the age range of 51-55 years, namely 31 people (43.1%) and the fewest were in the age range <55, namely 12 people (16.7%).

This is in accordance with the opinion (kasdu, 2019) Socioeconomic conditions influence physical factors, health, and education in responding to changes in respondents' health conditions. Respondents' readiness to be in the ready category in this study can be influenced by several factors, one of which is age. In this study, 31 people (43.1%) were aged 51-55.

According to (Wibowo, 2023) In their research, they found that the majority of respondents (17 people) were aged 42-44 years. As age increases, their thinking patterns and ability to absorb information develop, resulting in increased knowledge. This is in line with the research, where the majority of premenopausal women in Bukateja village are 43 years old.

Based on the assumption that women in this age group are a highly potential target population for reproductive health education programs, particularly regarding perimenopause. All respondents who entered perimenopause indicated that this age range has become the initial stage of the emergence of symptoms that require attention, both from a medical, psychological, and social perspective. This also indicates that identification and counseling from the age of 35 years and above is very important to increase women's awareness and preparedness in facing the body changes that are natural but often cause anxiety and discomfort. Furthermore, because all respondents were perimenopausal, it can also be

assumed that the data obtained in this study is homogeneous in terms of age, thus being able to provide a more specific picture of the experiences and knowledge of women in this age group regarding the physical changes they experience. This age homogeneity can also help researchers in drawing more focused conclusions regarding the biological characteristics and health information needs of women aged 36–40 years who are experiencing perimenopause.

Physical Changes in Perimenopausal Women Based on Education

Based on the results of this study, 20 respondents (66.7%) had a high school education or above. This is in line with research conducted by (Wibowo, 2023) Education is one way to develop a person's personality and abilities, both inside and outside of school. A woman with a higher education will have better health knowledge and will seek information from various sources, including other people, the mass media, or through health education activities.

This is in line with research that done (SUSI, 2016) where in the research, sufficient knowledge was obtained with high school education, where mothers who have sufficient knowledge can be caused by ignorance and lack of information provided either directly or indirectly by health workers.

According to the assumption, high school education generally provides an adequate cognitive foundation for individuals to understand basic concepts about the human body, biological processes, and the importance of maintaining personal health. Therefore, it can be assumed that respondents with a high school education background tend to be better prepared to receive educational health information, whether through print or electronic media, or direct interaction with health professionals. However, those with a high school education also have limitations in understanding more complex and in-depth information related to medical or psychological aspects of perimenopause. Therefore, it is assumed that even though respondents have a fairly good basic ability to understand information, they still need educational assistance and health information delivered in simple, clear, and easy-to-understand language. Overall, the assumption that can be drawn is that respondents with a high school education have the potential to have a fairly good knowledge of physical changes during perimenopause, but still need support from health workers and trusted information sources to understand more deeply and take preventive and adaptive actions to the changes that occur during this phase.

Physical Changes in Perimenopausal Women Based on Occupation

Based on the research results, the majority of perimenopausal women are employed, with 22 respondents (73.35%) working as farmers. This is evidenced by the willingness of perimenopausal women to obtain information from social media and the community.

This research is in line with (Wibowo, 2023) Work can influence an individual's behavior, for example, women who work have a broad perspective and way of thinking, good self-confidence, and the ability to develop creativity and independence. Working women have the opportunity to broaden their horizons and knowledge by utilizing their skills and exchanging ideas with many people.

This research is in line with research. The majority of respondents' jobs are housewives (IRT) 24 respondents (38.7%). The work environment where a person gets work experience influences a person to gain experience and knowledge, both directly and indirectly, so that it has a great influence on the formation of attitudes, the process of self-acceptance, the mother's attitude is influenced by culture and the environment, the more community environmental activities the mother will be able to adapt to the changes experienced.

Assuming that women actively working in the agricultural sector tend to have a high level of social interaction with fellow workers, neighbors, and the community around them. These activities outside the home and involvement in social life have the potential to expand access to information, both formal and informal, including information on reproductive health and perimenopausal symptoms. Furthermore, the strong willingness and curiosity of working women, including farmers, to obtain information from social media, television, and discussions among community members demonstrates initiative and concern for their own health. Although working as a farmer is often associated with a relatively low level of formal education, in this context, it can be assumed that life experience, active involvement in society, and the development of information technology have become important channels for increasing knowledge. The desire to remain productive and healthy during perimenopause motivates women to seek and absorb relevant information to maintain their physical condition so they remain fit and able to carry out daily work. Therefore, it can be assumed that being a working woman, especially in agriculture, does not necessarily limit respondents' knowledge about the physical changes of perimenopause. In fact, active

involvement in social and work life encourages them to be more open to information, take responsibility for their personal health, and be more adaptive in dealing with the natural bodily changes that occur during perimenopause. This assumption also reinforces the view that perimenopausal women who work, even those from informal employment backgrounds such as farming, still have high potential for improving health literacy if facilitated by appropriate communication media and support from their surrounding environment.

CONCLUSION

The conclusion of this study shows that most women in Hamlet V Sei Mencirim have sufficient knowledge regarding the physical changes that occur during perimenopause, with the level of understanding influenced by characteristics such as age, education, and occupation. These results indicate that although their knowledge is relatively adequate, there is still a lack of information that needs to be improved through more intensive and continuous education so that they can better understand and accept the changes they experience positively. Furthermore, the characteristics of the respondents, who are mostly aged 36–40 years, have secondary education, and work in agriculture, indicate the potential for expanding community-based education programs tailored to their socioeconomic conditions. However, limitations of this study include the relatively small sample size and limited area, so the results are not fully representative of the entire population of perimenopausal women in other areas.

For further research, it is recommended that larger samples be conducted across multiple regions to obtain a more comprehensive and representative picture of mothers' knowledge about physical changes during perimenopause. Further research could also develop digital media-based educational interventions and more interactive and participatory direct outreach activities. The practical implications of these findings demonstrate the importance of health workers and community organizations in developing educational programs tailored to the characteristics and needs of respondents' ages and education levels, thereby increasing their readiness and acceptance for this transition. This is expected to improve the public's understanding of normal physiological changes and reduce excessive anxiety, thereby maintaining optimal quality of life for women during perimenopause.

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