

Full text open access online (Since 2007)



Kamla-Raj S-EM 2024

PRINT: ISSN 0973-5070 ONLINE: ISSN 2456-6772

Ethno Med, 18(2): 104-110 (2024)

DOI: 10.31901/24566772.2024/18.02.678

## **Exploring the Impact of Physical Changes on Anxiety Levels in Premenopausal Women**

**Andi Muhammad Multazam<sup>1\*</sup>, Ella Andayani<sup>1</sup>, Arlin Adam<sup>2</sup> and Andi Alim<sup>2</sup>**

*<sup>1</sup>Program Study of Public Health, Faculty of Public Health,  
Universitas Muslim Indonesia, Makassar City, South Sulawesi 90231, Indonesia*

*<sup>2</sup>Program Study of Public Health, Faculty of Public Health,  
Universitas Pejuang Republik Indonesia, Makassar City, South Sulawesi 90234, Indonesia*

**KEYWORDS** Anxiety. Body Weight. Menstrual Cycle. Premenopause. Vaginal Dryness

**ABSTRACT** This study aims to determine the level of anxiety of pre-menopausal women about the physical changes they experience. The research method uses quantitative with a descriptive approach. The research population was premenopausal women aged 40-50 years with a total sample of 30 people. Sampling technique used is purposive sampling. The results of the study found that most women experience anxiety about changing menstrual cycle conditions, weight gain, and vaginal dryness in the moderate level category (50%), but there are also premenopausal women whose anxiety level is in the severe category (26.7%) and mild category (23.3%). It is recommended that premenopausal women increase their understanding of menopause so as not to cause excessive anxiety.