



Factors Affecting Menopause Quality of Life in the 45-55 Years Age Group in Indonesia

Nofa Anggraini^{1*}, Rosita Sari¹, Sri Hartiningsih¹, Nursanti Maria¹, Yuliawati Dewi¹, Vera Octavia¹, Arindi Anggraeni¹, Rina Riyanti¹

¹Midwifery Study Program, Sekolah Tinggi Ilmu Kesehatan Abdi Nusantara Jakarta, Jakarta, Indonesia

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Corresponding Author:

Nofa Anggraini

itaboru12345@gmail.com

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Abstract: Menopause, a natural phase in women aged 45-55, is marked by a decrease in estrogen, impacting their quality of life. This study investigates factors influencing menopausal quality of life in Indonesia in 2024, focusing on education, husband's support, peer support, physical activity, and anxiety. Utilizing a cross-sectional design, the research sampled 35 menopausal women aged 45-55 through purposive sampling, using a questionnaire for primary data collection and chi-square tests for analysis. Univariate analysis revealed that 60% of participants had a good quality of life. Factors included low education (55.1%), high husband support (65.7%), high peer support (61.2%), moderate physical activity (56.7%), and anxiety (55.1%). Bivariate analysis demonstrated significant relationships between education ($p = 0.000$), husband's support ($p = 0.000$), peer support ($p = 0.000$), physical activity ($p = 0.000$), and anxiety ($p = 0.011$) with menopausal quality of life. The findings suggest that education, support systems, physical activity, and managing anxiety are crucial for improving menopausal quality of life. It is recommended that menopausal women enhance their understanding of menopause through various resources to better adapt and improve their quality of life.

Keywords: Education; Husband's support; Peer support; Physical activity; Quality of life in menopause.

Introduction

Menopause is a natural phase that every woman will experience, which usually occurs over the age of 45 and 55 years as a natural part of biological aging. Generally, 3.6% of wives reach menopause at the age of 45 years, 96.4% at the age of 50 and 96.6% at the age of 55 years. A woman is said to be experiencing menopause if her menstrual cycle has stopped for 12 months. The cessation of menstruation will have physical and psychological health consequences (Baziad, 2022). World Health Organization (WHO) estimates that there will be 1.2 billion women aged over 50 years in 2030. Data from World Health Organization (WHO) shows that globally there is an increase in the number of women who have entered menopause, where there are an additional 1.3 million menopausal women in America every year at the age of 51.3 years and there is an increase

in menopausal women in Asia by 373 million people (WHO, 2022)

In 2020 Indonesia's population will reach 262.3 million people with the number of women living through menopause around 30.3 million people or 11.5% of the total population. West Java Province, the number of menopausal women increases every year with a recorded number of 13.01 million female residents of West Java out of Indonesia's total population of 261.89 million people. The number of women aged 45-55 years reached 14.3 million people. The percentage of the female population in Banten Province in 2020 was 1,043,657 people and the number of menopausal women aged 40-58 was 709,476 people. Based on data from the South Sumatra Province Health Service, the number of women aged 40 to 50 was 288,905 people, 250,233 women aged 45 to 49 years, 214,077 women aged 50 to 54 years, 175,429 women aged 55 to 59 years, 175,429

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women aged 60 to 64 years old as many as 128,101 people (BPS, 2022).

This progressive and irreversible decrease in hormones can trigger various complaints, namely physical and psychological complaints in menopausal women. The occurrence of physical and psychological complaints in menopausal women is called menopausal syndrome. Some of the symptoms or complaints that menopausal women can experience include: hot flushes (42.2%), physical and mental fatigue (53%), irritability (48.2%), depression (43.4%) and joint discomfort (47.6%) (Rathnayake et al., 2021).

Dahniar et al. (2024) in his research obtained results namely that complaints experienced by menopausal women include: hot flush (81.3%), insomnia (65.3%), vaginal dryness (58.7%), irritability (81.3%), anxiety (64%), and memory impairment (44%). In line with the results of Trisetiyaningsih (2022) it was stated that 80% of women during menopause experienced physical changes that were felt, including heart palpitations (42%), fatigue (73.9%), changes in sexual desire (72.7%), and frequent urination (31.8%). Several factors related to the quality of life of menopausal women according to Ardiani (2019) include education (P=0.001), husband's support (P=0.001), peer support (P=0.015) and physical activity (P=0.000) anxiety (P= 0.000). Jayanti et al. (2022) in their research based on a literature study: level of education, husband's support and physical activity are related to the quality of life of menopausal women. Referring to this research, it can be seen that education, husband's support, peer support and physical activity anxiety are related to the quality of life of menopausal women (Capistrano et al., 2015; Kirchengast, 2024).

Results of a preliminary study of 10 menopause who visited the Cadasari Health Center, Pandeglang Regency, Banten, Kelekar Health Center, Muara Enim Regency, South Sumatra, Wanakarta Health Center, Karawang Regency, West Java, Sobang Health Center, Lebak Regency, Banten, Karang Bahagia Health Center, Bekasi Regency, West Java, Babakan Madang Health Center, Bogor Regency West Java, BLUD UPT Sumur Community Health Center, Pandeglang Regency, Banten, complained that they had menopause at the age of 45 - 55 years with different characteristics and complaints, there were even mothers who did not know the symptoms of menopause and thought that the symptoms of menopause were unnatural and required medical treatment. The results of interviews with 10 menopausal women found that 6-7 of them complained of irritability, anxiety, decreased memory and fatigue so they were unable to carry out daily activities, lacked

enthusiasm and rarely exercised. In their opinion, all this time the mother felt alone because she felt she received less attention from her husband and peers. Based on the characteristics, mothers with low education were found. Based on this background, researchers were interested in conducting research with the title "Factors that Influence the Quality of Life of Menopause in the 45-55 Year Age Group in Indonesia in 2024".

Method

The research sites were conducted at Cadasari Health Center, Pandeglang Regency, Banten, Kelekar Health Center, Muara Enim Regency, South Sumatra, Wanakarta Health Center, Karawang Regency, West Java, Sobang Health Center, Lebak Regency, Banten, Karang Bahagia Health Center, Bekasi Regency, West Java, Babakan Madang Health Center, Bogor Regency, West Java, BLUD UPT Community Health Center Wells in Pandeglang Regency, Banten. The research was carried out in May-June 2024. The subjects in this research were menopausal women aged 45-55 years. Sampling in this research used techniques purposive sampling (Opoku et al., 2023; Uchibori et al., 2023). The reason for taking this research is because many menopausal women experience a decrease in quality of life. The instrument used was a questionnaire. The independent variables studied were education, husband's support, peer support, physical activity and anxiety. The dependent variable studied was menopausal quality of life in the 45-55 year age group. The design in this research is quantitative analytical design cross sectional. Data management is carried out using univariate and bivariate methods with tests chi-square with the help of a computer with the SPSS 25.0 program.

Result and Discussion

Results

Table 1. Frequency Distribution of Menopause Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Quality of Life	Frequency (f)	Percentage (%)
Good	147	60.0
Bad	98	40.0
Amount	245	100

Based on the research results in table 1, it is known that of the 245 menopausal women aged 45-55 years, the majority had a good quality of life, 147 people (60.0%).

Table 2. Menopause Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Quality of Life	Good		Bad		Total	
	N	%	N	%	N	%
Cadasari Health Center, Pandeglang Regency, Banten	18	51.4	17	48.6	35	100
Kelekar Community Health Center, Muara Enim Regency, South Sumatra	23	65.7	12	34.3	35	100
Wanakerta Health Center, Karawang Regency, West Java	24	68.6	11	31.4	35	100
Sobang Community Health Center, Lebak Regency, Banten	22	62.9	13	37.1	35	100
Karang Bahagia Community Health Center, Bekasi Regency, West Java	19	54.3	16	45.7	35	100
Babakan Madang Community Health Center, Bogor Regency, West Java	20	57.1	15	42.9	35	100
BLUD Sumur Community Health Center, Pandeglang Regency, Banten	21	60.0	14	40.0	35	100
Amount	147	60.0	98	40.0	245	100

Table 3. Frequency Distribution of Education, Husband's Support, Peer Support, Physical Activity and Anxiety in Menopausal Women in the 45-55 Year Age Group in Indonesia in 2024

Variable	Frequency (f)	Percentage (%)
Education		
Height	107	43.7
Low	138	56.3
Husband's Support		
Height	149	60.8
Low	96	39.2
Peer Support		
Height	143	58.4
Low	102	41.6
Physical Activity		
Light	100	40.8
Currently	145	59.2
Amount	245	100

Research on menopausal quality of life for women aged 45-55 in various Indonesian regions, with an average of 35 respondents per area, showed varying results. At the Cadasari Community Health Center, 51.4% had a good quality of life. The Kelekar Health Center reported 65.7%, Wanakerta Health Center 68.6%, Sobang Health Center 62.9%, Karang Bahagia Health Center 54.3%, Babakan Madang Health Center 57.1%, and BLUD Sumur Health Center 60.0%. These results indicate a significant number of women in these regions experience a good quality of life during menopause.

Based on the research results in Table 3, it is known that of the 245 menopausal women aged 45-55 years, most of them had low education as many as 138 people (56.3%), high husband support as many as 149 people (60.8%), high peer support as many as 143 people (58.4%), and 145 people (59.2%) with moderate physical activity.

Table 4. Distribution of Education Frequency for Menopausal Women in the 45-55 Year Age Group in Indonesia in 2024

Education	Height		Low		Total	
	N	%	N	%	N	%
Cadasari Health Center, Pandeglang Regency, Banten	16	45.7	19	54.3	35	100
Kelekar Community Health Center, Muara Enim Regency, South Sumatra	16	45.7	19	54.3	35	100
Wanakerta Health Center, Karawang Regency, West Java	16	45.7	19	54.3	35	100
Sobang Community Health Center, Lebak Regency, Banten	17	48.6	18	51.4	35	100
Karang Bahagia Community Health Center, Bekasi Regency, West Java	13	37.1	22	62.9	35	100
Babakan Madang Community Health Center, Bogor Regency, West Java	14	40.0	21	60.0	35	100
BLUD Sumur Community Health Center, Pandeglang Regency, Banten	15	42.9	20	57.1	35	100
Amount	107	43.7	135	56.3	245	100

* Based on the results of research on education among menopausal women in the 45-55 year age group which was carried out in several regions in Indonesia with an average of 35 respondents in the area studied, the results were obtained from the Cadasari Community Health Center, Pandeglang Regency, Banten, the largest number of respondents with low education, namely 19 respondents (54.3%), from the Kelekar Health Center,

Muara Enim Regency, South Sumatra, the majority were respondents with low education, namely 19 respondents (54.3%), from the Wanakerta Health Center, Karawang Regency, West Java, the majority were respondents with low education, namely 19 respondents (54.3%) from Sobang Community Health Center, Lebak Banten Regency, the largest number of respondents with low education, namely 18 respondents (51.4%) from Karang

Bahagia Community Health Center, Bekasi Regency, West Java, the largest number of respondents with low education, namely 22 respondents (62.9%) from Babakan Madang Community Health Center, Bogor Regency, West Java, had the largest number of respondents with

low education, namely 21 respondents (60.0%), and from BLUD Sumur Health Center, Pandeglang Regency, Banten, the majority were respondents with low education, namely 20 respondents (57.1%).

Table 5. Frequency Distribution of Husband's Support for Menopausal Women in the 45-55 Year Age Group in Indonesia in 2024

Husband's Support	Height		Low		Total	
	N	%	N	%	N	%
Cadasari Health Center, Pandeglang Regency, Banten	20	57.1	15	42.9	35	100.0
Kelekar Community Health Center, Muara Enim Regency, South Sumatra	20	57.1	15	42.9	35	100.0
Wanakerta Health Center, Karawang Regency, West Java	22	62.9	13	37.1	35	100.0
Sobang Community Health Center, Lebak Regency, Banten	22	62.9	13	37.1	35	100.0
Karang Bahagia Community Health Center, Bekasi Regency, West Java	20	57.1	15	42.9	35	100.0
Babakan Madang Community Health Center, Bogor Regency, West Java	21	60.0	14	40.0	35	100.0
BLUD Sumur Community Health Center, Pandeglang Regency, Banten	24	68.6	11	31.4	35	100.0
Amount	149	60.8	96	39.2	245	100

Research on husband's support for menopausal women aged 45-55 in Indonesia, with an average of 35 respondents per area, revealed varying levels of support. At the Cadasari Health Center in Banten, 57.1% of respondents reported high husband support. The Kelekar Health Center in South Sumatra also had 57.1% with high support. At the Wanakerta Health Center in

West Java, 62.9% had high support, and the Sobang Health Center recorded 62.9%. The Karang Bahagia Health Center had 57.1%, while the Babakan Madang Health Center reported 60%. The highest, 68.6%, was observed at the BLUD Sumur Health Center in Banten.

Table 6. Frequency Distribution of Peer Support for Menopausal Women in the 45-55 Year Age Group in Indonesia in 2024

Peer Support	Height		Low		Total	
	N	%	N	%	N	%
Cadasari Health Center, Pandeglang Regency, Banten	20	57.1	15	42.9	35	100.0
Kelekar Community Health Center, Muara Enim Regency, South Sumatra	18	51.4	17	48.6	35	100.0
Wanakerta Health Center, Karawang Regency, West Java	20	57.1	15	42.9	35	100.0
Sobang Community Health Center, Lebak Regency, Banten	21	60.0	14	40.0	35	100.0
Karang Bahagia Community Health Center, Bekasi Regency, West Java	21	60.0	14	40.0	35	100.0
Babakan Madang Community Health Center, Bogor Regency, West Java	19	54.3	16	45.7	35	100.0
BLUD Sumur Community Health Center, Pandeglang Regency, Banten	24	68.6	11	31.4	35	100.0
Amount	143	58.4	102	41.6	245	100

Based on the results of research on peer support for menopausal women in the 45-55 year age group which was conducted in several regions in Indonesia with an average of 35 respondents in the area studied, the results were obtained from the Cadasari Health Center, Pandeglang Regency, Banten, the largest number of respondents with high peer support. namely as many as 20 respondents (57.1%), from the Kelekar Health Center, Muara Enim Regency, South Sumatra, the largest number of respondents with high peer support, namely 18 respondents (51.4%) from the Wanakerta Health Center, Karawang Regency, West Java, the most respondents with friend support. high peer support,

namely 20 respondents (57.1%) from Sobang Health Center, Lebak Banten Regency, the most respondents with high peer support, namely 21 respondents (60.0%) from Karang Bahagia Health Center, Bekasi Regency, West Java, the highest number of respondents with friend support. high peer support, namely 21 respondents (60.0%) from the Babakan Madang Community Health Center, Bogor Regency, West Java, the largest number of respondents with high peer support, namely 19 respondents (54.3%), and from the Sumur Community Health Center BLUD, Pandeglang Regency, Banten, the highest number of respondents. with high peer support, namely 24 respondents (68.6%).

Table 7. Frequency Distribution of Physical Activity in Menopausal Women in the 45-55 Year Age Group in Indonesia in 2024

Physical Activity	Light		Currently		Total	
	N	%	N	%	N	%
Cadasari Health Center, Pandeglang Regency, Banten	9	25.7	26	74.3	35	100.0
Kelekar Community Health Center, Muara Enim Regency, South Sumatra	17	48.6	18	51.4	35	100.0
Wanakerta Health Center, Karawang Regency, West Java	16	45.7	19	54.3	35	100.0
Sobang Community Health Center, Lebak Regency, Banten	15	42.9	20	57.1	35	100.0
Karang Bahagia Community Health Center, Bekasi Regency, West Java	15	42.9	20	57.1	35	100.0
Babakan Madang Community Health Center, Bogor Regency, West Java	14	40.0	21	60.0	35	100.0
BLUD Sumur Community Health Center, Pandeglang Regency, Banten	13	37.1	22	62.9	35	100.0
Amount	100	40.8	145	59.2	245	100

Research on physical activity among menopausal women aged 45-55 in Indonesia shows that moderate physical activity is prevalent across various regions. At the Cadasari Health Center in Banten, 74.3% of respondents were moderately active. The Kelekar Community Health Center in South Sumatra reported 51.4%, Wanakerta Health Center in West Java showed 54.3%, Sobang Health Center in Banten had 57.4%, Karang Bahagia Health Center in West Java had 57.1%, Babakan Madang Community Health Center in West Java had 60%, and Sumur Community Health Center in Banten had 62.9% of respondents engaged in moderate physical activity.

Table 8 highlights a significant relationship between education and menopausal quality of life in Indonesia for 2024. Among 107 women with high education, 87.9% reported good quality of life, compared to 61.6% of 138 women with low education. The Chi-Square test shows a p-value of 0.000, indicating a significant relationship. Women with higher education are 12 times more likely to have a better quality of life during menopause than those with lower education, underscoring the impact of education on menopausal well-being.

Table 9. The relationship between education and menopausal quality of life in the 45-55 year age group in Indonesia in 2024

Research Area	Education	Quality of Life				Amount		P value	OR CI (95%)
		Good		Bad		f	%		
		f	%	f	%				
Cadasari Health Center, Pandeglang Regency, Banten	Height	13	81.3	13	18.7	16	100	0.004	12.133 (2.405-61.202)
	Low	5	26.3	14	73.7	19	100		
	Total	18	51.4	17	48.6	35	100		
Kelekar Community Health Center, Muara Enim Regency, South Sumatra	Height	14	87.5	2	12.5	16	100	0.033	7.778 (1.374-44.039)
	Low	9	47.4	10	52.6	19	100		
	Total	23	65.7	12	34.3	35	100		
Wanakerta Health Center, Karawang Regency, West Java	Height	15	93.8	1	6.3	16	100	0.010	16.667 (1.818-152.770)
	Low	9	47.7	10	52.6	19	100		
	Total	24	68.6	11	31.4	35	100		
Sobang Community Health Center, Lebak Regency, Banten	Height	14	82.4	3	17.6	17	100	0.049	5.833 (1.231-27.632)
	Low	8	44.4	10	55.6	18	100		
	Total	22	62.9	13	37.1	35	100		
Karang Bahagia Community Health Center, Bekasi Regency, West Java	Height	12	92.3	1	7.7	13	100	0.001	25.714 (238.764)
	Low	7	31.8	15	68.2	22	100		
	Total	19	54.3	16	45.7	35	100		
Babakan Madang Community Health Center, Bogor Regency, West Java	Height	13	92.9	1	7.1	14	100	0.001	26.000 (2.804-241.104)
	Low	7	33.3	14	66.7	21	100		
	Total	20	57.1	15	42.9	35	100		
BLUD Sumur Community Health Center, Pandeglang Regency, Banten	Height	13	86.7	2	13.3	15	100	0.015	9.750 (1.717-55.373)
	Low	8	40.0	12	60.0	20	100		
	Total	21	60.0	14	40.0	35	100		

In 2024, research across various Indonesian regions confirms a significant link between education and

menopausal quality of life for women aged 45-55. This connection is like a powerful engine driving better

outcomes in menopausal well-being. At Cadasari Community Health Center, education boosts quality of life 12 times compared to low education. Kelekar Community Health Center shows an 8-fold increase, while Wanakerta Community Health Center reports a 17-fold improvement. Sobang Community Health Center notes a 6 times better quality of life for educated women. At Karang Bahagia Community Health Center, the boost is 26 times, and Babakan Madang Community

Health Center sees the same 26-fold increase. BLUD Sumur Health Center finds a 10-fold advantage for educated women. Overall, these findings illustrate that higher education acts like a key unlocking improved quality of life during menopause. The more educated the women, the better their menopausal experience, much like having better tools that make a challenging job easier.

Table 10. The Relationship between Husband's Support and Menopause Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Husband's Support	Quality of Life				Amount	P value	OR CI (95%)	
	Good		Bad					
	f	%	f	%				
Height	121	81.2	28	18.8	149	100	0.000	11.635
Low	28	27.1	70	72.9	96	100		(6.324-
Total	147	60.0	98	40.0	245	100		21.403)

Table 10 indicates that among 149 menopausal women aged 45-55 with high husband support, 121 (81.2%) had a good quality of life, compared to 70 out of 96 (72.9%) with low husband support. The Chi-Square test result, $p = 0.000$, shows a significant relationship between husband's support and menopausal quality of

life in this age group in Indonesia. With an OR value of 11.635, menopausal women with high husband support are 12 times more likely to have a good quality of life compared to those with low support.

Table 11. The Relationship between Husband's Support and Menopause Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Research Area	Husband's Support	Quality of Life				Amount	P value	OR CI (95%)	
		Good		Bad					
		f	%	f	%				
Cadasari Health Center, Pandeglang Regency, Banten	Height	15	75.0	5	25.0	20	100	0.004	12.000 (2.374-60.648)
	Low	3	20.0	12	80.0	15	100		
	Total	18	51.4	17	48.6	35	100		
Kelekar Community Health Center, Muara Enim Regency, South Sumatra	Height	17	85.0	3	15.0	20	100	0.016	8.500 (1.709-42.279)
	Low	6	40.0	9	60.0	15	100		
	Total	23	65.7	12	34.3	35	100		
Wanakerta Health Center, Karawang Regency, West Java	Height	19	86.4	3	13.6	22	100	0.007	10.133 (1.941-52.902)
	Low	5	38.5	8	61.5	13	100		
	Total	24	68.6	11	31.4	35	100		
Sobang Community Health Center, Lebak Regency, Banten	Height	18	81.8	4	18.2	22	100	0.004	10.125 (2.044-50.165)
	Low	4	30.8	9	69.2	13	100		
	Total	22	62.9	13	37.1	35	100		
Karang Bahagia Community Health Center, Bekasi Regency, West Java	Height	16	80.0	4	20.0	20	100	0.001	16.000 (3.001-85.304)
	Low	3	20.0	12	80.0	15	100		
	Total	19	54.3	16	45.7	35	100		
Babakan Madang Community Health Center, Bogor Regency, West Java	Height	18	85.7	3	14.3	21	100	0.000	36.000 (5.212-248.656)
	Low	2	14.3	12	85.7	14	100		
	Total	20	57.1	15	42.9	35	100		
BLUD Sumur Community Health Center, Pandeglang Regency, Banten	Height	18	75.0	6	25.0	24	100	0.021	8.000 (1.588-40.299)
	Low	3	27.3	8	72.7	11	100		
	Total	21	60.0	14	40.0	35	100		

Research conducted in 2024 across several Indonesian regions demonstrates a significant link between husband's support and the quality of life in menopausal women aged 45-55. All studies show p-

values below 0.05, indicating a positive effect of husband's support on menopausal quality of life. At the Cadasari Health Center, the odds ratio (OR) is 12, meaning women with supportive husbands are 12 times

more likely to have a good quality of life compared to those with unsupportive husbands. The Kelekar Health Center has an OR of 8.5, while Wanakerta Health Center shows an OR of 10.133. Sobang Health Center reports an

OR of 10.125, and Karang Bahagia Health Center has an OR of 16. Babakan Madang Health Center shows the highest OR at 36, indicating the greatest impact. The BLUD Sumur Health Center has an OR of 8.

Table 12. The Relationship between Peer Support and Menopause Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Peer Support	Quality of Life				Amount		P value	OR CI (95%)
	Good		Bad		f	%		
	f	%	f	%				
Height	115	80.4	28	19.6	143	100	0.000	8.984 (4.991-16.172)
Low	32	31.4	70	68.6	102	100		
Total	147	60.0	98	40.0	245	100		

Based on table 12, it shows that of the 143 menopausal women aged 45-55 years with high peer support there were 115 (80.4%) whose quality of life was good, while of the 102 menopausal women aged 45-55 years with low peer support there were 70 (68.6%) their quality of life is poor. Test results *Chi-Square* value is obtained $p = 0.000 < 0.05$, which means there is a

significant relationship between peer support and menopausal quality of life in the 45-55 year age group in Indonesia in 2024. The OR value is 8.984 so it can be stated that menopausal women aged 45-55 years with support high peer support is 9 times more likely to have a good quality of life compared to menopausal women aged 45-55 years with low peer support.

Table 13. The Relationship between Peer Support and Menopause Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Research Area	Peer Support	Quality of Life				Amount		P value	OR CI (95%)
		Good		Bad		f	%		
		f	%	f	%				
Cadasari Health Center, Pandeglang Regency, Banten	Height	14	70.0	6	30.0	20	100	0.02 8	6.417 (1.444-28.511)
	Low	4	26.7	11	73.3	15	100		
	Total	18	51.4	17	48.6	35	100		
Kelekar Community Health Center, Muara Enim Regency, South Sumatra	Height	16	88.9	2	11.1	18	100	0.00 9	11.429 (1.968-66.355)
	Low	7	41.2	10	58.8	17	100		
	Total	23	65.7	12	34.3	35	100		
Wanakerta Health Center, Karawang Regency, West Java	Height	18	90.0	2	10.0	20	100	0.00 3	13.500 (2.256-80.792)
	Low	6	40.0	9	60.0	15	100		
	Total	24	68.6	11	31.4	35	100		
Sobang Community Health Center, Lebak Regency, Banten	Height	17	81.0	4	19.0	21	100	0.01 8	7.650 (1.635-35.798)
	Low	5	35.7	9	64.3	14	100		
	Total	22	62.9	13	37.1	35	100		
Karang Bahagia Community Health Center, Bekasi Regency, West Java	Height	16	76.2	5	23.8	21	100	0.00 5	11.733 (2.312-59.540)
	Low	3	21.4	11	78.6	14	100		
	Total	19	54.3	16	45.7	35	100		
Babakan Madang Community Health Center, Bogor Regency, West Java	Height	16	84.2	3	15.8	19	100	0.00 1	16.000 (3.001-85.304)
	Low	4	25.0	12	75.0	16	100		
	Total	20	57.1	15	42.9	35	100		
BLUD Sumur Community Health Center, Pandeglang Regency, Banten	Height	18	75.0	6	25.0	24	100	0.01 1	8.000 (1.588-40.299)
	Low	3	27.3	8	72.7	11	100		
	Total	21	60.0	14	40.0	35	100		

Research from 2024 highlights a significant link between peer support and the quality of life for menopausal women aged 45-55 across Indonesia. P-values across various health centers, including Cadasari, Kelekar, Wanakerta, Sobang, Karang Bahagia, Babakan Madang, and BLUD Sumur, are all below 0.05, confirming the importance of peer support. At Kelekar

Health Center, the odds ratio (OR) is 11.429, indicating that women with supportive peers are 11 times more likely to have a good quality of life. Babakan Madang Health Center shows an OR of 16, representing a 16-fold increase in the likelihood of a good quality of life. Other centers report OR values between 6.417 and 13.5,

emphasizing the critical role of peer support in enhancing menopausal quality of life.

Table 14. The Relationship between Physical Activity and Menopausal Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Physical Activity	Quality of Life				Amount		<i>P value</i>	OR CI (95%)
	Good	Bad			f	%		
	f	%	f	%	f	%		
Light	87	87.0	13	13.0	100	100	0.000	9.481 (4.852-18.527)
Currently	60	41.4	85	58.6	145	100		
Total	147	60.0	98	40.0	245	100		

Research in 2024 shows a significant link between physical activity and menopausal quality of life for women aged 45-55. Of 100 women with light physical activity, 87 (87.0%) had a good quality of life. In contrast, 85 of 145 women with moderate activity had poor

quality of life. With a Chi-Square p-value of 0.000, the odds ratio of 9.481 indicates that women with light physical activity are nine times more likely to have a good quality of life compared to those with moderate activity.

Table 15. The Relationship between Physical Activity and Menopausal Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Research Area	Physical Activity	Quality of Life				Amount		<i>P value</i>	OR CI (95%)
		Good	Bad			f	%		
		f	%	f	%	f	%		
Cadasari Health Center, Pandeglang Regency, Banten	Light	8	88.9	1	11.1	9	100	0.026	12.000 (1.385-118.318)
	Currently	10	38.5	16	61.5	26	100		
	Total	18	51.4	17	48.6	35	100		
Kelekar Community Health Center, Muara Enim Regency, South Sumatra	Light	15	88.2	2	11.8	17	100	0.018	9.375 (1.639-53.621)
	Currently	8	44.4	10	55.6	18	100		
	Total	23	65.7	12	34.3	35	100		
Wanakerta Health Center, Karawang Regency, West Java	Light	15	93.8	1	6.3	16	100	0.010	16.667 (1.818-152.770)
	Currently	9	47.4	10	52.6	19	100		
	Total	24	68.6	11	31.4	35	100		
Sobang Community Health Center, Lebak Regency, Banten	Light	13	86.7	2	13.3	15	100	0.030	7.944 (1.409-44.804)
	Currently	9	45.0	11	55.0	20	100		
	Total	22	62.9	13	37.1	35	100		
Karang Bahagia Community Health Center, Bekasi Regency, West Java	Light	12	80.0	3	20.0	15	100	0.021	7.429 (1.555-35.479)
	Currently	7	35.0	13	65.0	20	100		
	Total	19	54.3	16	45.7	35	100		
Babakan Madang Community Health Center, Bogor Regency, West Java	Light	12	85.7	2	14.3	14	100	0.015	9.750 (1.717-55.373)
	Currently	8	38.1	13	61.9	21	100		
	Total	20	57.1	15	42.9	35	100		
BLUD Sumur Community Health Center, Pandeglang Regency, Banten	Light	12	85.7	2	14.3	14	100	0.029	8.000 (1.420-45.059)
	Currently	9	42.9	12	57.1	21	100		
	Total	21	60.0	14	40.0	35	100		

Research from 2024 shows a significant link between physical activity and the quality of life for menopausal women aged 45-55 in Indonesia, with p-values consistently below 0.05. At various health centers, including Cadasari, Kelekar, Wanakerta, Sobang, Karang Bahagia, Babakan Madang, and BLUD Sumur, results indicate that women engaging in light physical activity experience a notably better quality of life compared to those with moderate activity. For instance, at the Wanakerta Community Health Center, the OR value is 16.667, meaning women with light physical

activity are 17 times more likely to report a good quality of life than those with moderate activity. Similarly, at the Babakan Madang Health Center, the OR value is 9.750, reflecting a 10-fold increased likelihood of a good quality of life for women with light physical activity. Other centers report OR values ranging from 7.429 to 12, highlighting the consistent benefit of light physical activity.

Discussion

Frequency Distribution of Menopause Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

In 2024, research found that 60% of 147 menopausal women aged 45-55 in Indonesia have a good quality of life. Quality of life refers to an individual's ability to lead a normal life, influenced by personal perceptions and the values and culture of their environment (Baziad, 2022). Quality of life encompasses four domains: physical, psychological, social, and environmental health. Factors affecting quality of life include age, education, husband's support, peer support, physical activity, and anxiety (Ardiani, 2019).

Supporting this, Anggraini (2020) found that 92.2% of menopausal women had a good quality of life. Research by Fadhillah et al. (2023) and Suciawati et al. (2023) also indicated that around 60-64.9% of women had a good quality of life, although with mild complaints. Key factors contributing to this positive quality of life are high support from husbands and peers, and moderate physical activity. These findings highlight the ability of menopausal women to adapt to their circumstances despite some physical and psychological challenges.

Distribution of Education Frequency for Menopausal Women in the 45-55 Year Age Group in Indonesia in 2024

In 2024, research revealed that 56.3% of 138 menopausal women aged 45-55 in Indonesia had low levels of education. Education, which involves the process of altering attitudes and behaviors through teaching and training (Notoatmodjo, 2020), significantly impacts an individual's ability to acquire and understand information. Factors such as socio-economic status, culture, and access to resources influence educational attainment (Hasbullah, 2021). Studies by Anggraini (2020) & Fadhillah et al. (2023) indicate that a substantial proportion of menopausal women have low education, largely due to economic constraints that limit opportunities for higher education. Those with higher education levels generally have better access to and acceptance of health information. However, even with lower education, if health information is delivered repeatedly and in an understandable manner by health workers, family, or peers, it can still enhance knowledge and improve health outcomes. This emphasizes the need for accessible health education for all, regardless of educational background.

Frequency Distribution of Husband's Support for Menopausal Women in the 45-55 Year Age Group in Indonesia in 2024

In 2024, research found that 60.8% of 149 menopausal women aged 45-55 in Indonesia received high support from their husbands. This support,

encompassing moral and material encouragement, is crucial for helping women navigate menopause by addressing their health needs. Maulana (2021) highlights that people's behavior is often influenced by those around them, making supportive actions significant. Notoatmodjo (2020) adds that direct information about healthy living can enhance individuals' health attitudes and behaviors. Supporting these findings, Yuditia (2022) found that 76.8% of menopausal women received strong support from their husbands, while (Suciawati et al., 2023) and Susilawati (2021) reported similar results, ranging from 68.4% to 51.9%. This support often includes assisting with health issues, being attentive, facilitating access to counseling, and providing reassurance. Such support helps menopausal women feel less isolated, reduces stress, and improves their quality of life. Overall, the majority of the research underscores the importance of spousal support in enhancing the well-being of menopausal women.

Frequency Distribution of Peer Support for Menopausal Women in the 45-55 Year Age Group in Indonesia in 2024

In 2024, research found that 58.4% of 143 menopausal women aged 45-55 in Indonesia received high peer support. Peer support is crucial as it provides emotional and informational assistance through interpersonal relationships. Peers serve as a source of knowledge, problem-solving, and emotional support, which helps in self-expression and identity (Baziad, 2022). Jayanti et al. (2022) found that 68.4% of women received good peer support, while Mahayani (2019) reported 65%, found 51.9%. High peer support helps menopausal women by offering encouragement, sharing experiences, and providing valuable information about menopause, thus boosting self-confidence and reducing anxiety. This positive peer interaction plays a significant role in enhancing their overall well-being during menopause.

Frequency Distribution of Physical Activity in Menopausal Women in the 45-55 Year Age Group in Indonesia in 2024

In 2024, research revealed that 59.2% of 145 menopausal women aged 45-55 in Indonesia engaged in moderate physical activity. According to IPAQ (2019), moderate physical activity includes light exercise, carrying light loads, and daily tasks like reading or washing dishes. Regular exercise helps prevent non-communicable diseases and improves heart, muscle, and bone health while reducing anxiety and enhancing digestive and brain function (Ekasari et al., 2019). Factors affecting physical activity include age, health, and environmental conditions (Khan, 2021; Kusumaningrum & N, 2022). Jayanti et al. (2022) reported that the majority of women engage in moderate physical activity. Despite being involved in housework and light exercises,

additional sports activities could further benefit menopausal women by enhancing overall health and endurance (Peate et al., 2024).

The relationship between education and menopausal quality of life in the 45-55 year age group in Indonesia in 2024

Research shows a significant relationship between education and quality of life for menopausal women aged 45-55 in Indonesia in 2024, with p-values consistently below 0.05. The Odds Ratio (OR) values indicate that women with higher education experience a significantly better quality of life compared to those with lower education. For example, at the Cadasari Community Health Center, the OR is 12.133, indicating that educated women are 12 times more likely to have a good quality of life. Similarly, the Karang Bahagia Community Health Center shows an OR of 25.714, meaning educated women are 26 times more likely to enjoy a higher quality of life. These findings are supported by various studies, including Jayanti et al. (2022) & (Suciawati et al., 2023), all demonstrating that higher education correlates with improved quality of life during menopause. Higher education enhances knowledge, adaptability, and receptiveness to innovative health ideas, which helps women better manage menopausal changes, unlike those with lower education who often struggle due to limited information. Improving educational opportunities and providing clear health information could further enhance quality of life for menopausal women.

The Relationship between Husband's Support and Menopause Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Research demonstrates a significant relationship between husband's support and the quality of life for menopausal women aged 45-55 in Indonesia, with p-values below 0.05 indicating strong significance. The Odds Ratio (OR) values range from 7.778 to 36, showing that women with supportive husbands are significantly more likely to experience a better quality of life. For example, at the Babakan Madang Community Health Center, the OR is 36, suggesting that women with supportive husbands are 36 times more likely to have a good quality of life compared to those with unsupportive husbands (Mansikkamäki et al., 2015; Oliva et al., 2019).

This trend is consistent across various regions, including Cadasari, Kelekar, Wanakerta, Sobang, Karang Bahagia, and Babakan Madang Health Centers. The high OR values highlight the crucial role of husband's support in mitigating the challenges of menopause. Friedman (2020) & Proverawati & Sulistyawati (2021) emphasize that support from a husband significantly reduces anxiety and enhances the

quality of life during menopause. Research by Sari (2020); Suciawati et al. (2023); Yuditia (2022), further confirms the importance of this support. Overall, emotional, informational, and instrumental support from husbands significantly contributes to improving menopausal women's quality of life.

The Relationship between Peer Support and Menopause Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Research indicates a significant relationship between peer support and the quality of life for menopausal women aged 45-55 in Indonesia, with p-values below 0.05 across various studies in 2024. The Odds Ratio (OR) values range from 6.417 to 16, demonstrating that women with high peer support are significantly more likely to experience a better quality of life compared to those with low peer support. For example, at the Babakan Madang Health Center, the OR is 16, suggesting a 16-fold increase in the likelihood of a good quality of life for women with supportive peers. This finding is consistent across several health centers, including Cadasari, Kelekar, Wanakerta, Sobang, Karang Bahagia, and BLUD Sumur. Peer support, including sharing experiences and providing emotional and informational support, plays a crucial role in improving menopausal women's quality of life. The research aligns with theories and previous studies, such as those by Sutejo (2019), which highlight the importance of peer interactions in enhancing self-concept and confidence during menopause. This support helps women navigate physical and emotional challenges more effectively, leading to an overall improved quality of life.

The Relationship between Physical Activity and Menopausal Quality of Life in the 45-55 Year Age Group in Indonesia in 2024

Research conducted in 2024 reveals a significant correlation between peer support and the quality of life among menopausal women aged 45-55 in Indonesia. With p-values consistently below 0.05, the studies indicate that high peer support notably enhances quality of life. The Odds Ratio (OR) values range from 6.417 to 16, showing that women with supportive peers are substantially more likely to report a better quality of life compared to those with less support. For instance, at the Babakan Madang Health Center, the OR is 16, meaning women with strong peer support are 16 times more likely to experience a good quality of life. These findings are consistent across various health centers, including Cadasari, Kelekar, Wanakerta, Sobang, Karang Bahagia, and BLUD Sumur. Peer support, which includes sharing experiences and offering emotional and informational help, significantly impacts women's well-being during

menopause. The research supports existing theories and studies, such as those by Sutejo (2019) and Demista (2022), emphasizing that peer interactions improve self-concept and confidence (Ryu et al., 2020; Van Dijk et al., 2015; Webster et al., 2018). This support helps menopausal women manage physical and emotional challenges more effectively, enhancing their overall quality of life.

Conclusion

In 2024, the majority of menopausal women aged 45-55 years in Indonesia will show a good quality of life, namely 60.0%. Of this group, 56.3% had a low level of education, 60.8% had high husband support, 58.4% had high peer support, and 59.2% were involved in moderate intensity physical activity. Research shows that there is a significant relationship between education level and menopausal quality of life in this age group, with a p value of 0.000. Likewise, there is a significant relationship between husband's support, peer support, and physical activity with menopausal quality of life in the same age group, each with a p value of 0.000.

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Author Contributions

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Conflicts of Interest

The authors declare no conflict of interest.

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