LITERATURE REVIEW OF PHYSICAL EXERCISE, ANXIETY IN MENOPAUSE WOMEN

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ABSTRACT

Introduction: Menopause is defined as the cessation of monthly cycles for at least 12 months, and menopause syndrome, which includes symptoms of psychological illnesses including anxiety, is experienced by many women practically everywhere in the globe. Increased physical exercise is one non-pharmacological method for treating anxiety issues in menopausal women. According to several studies, exercising helps menopausal women's anxiety and depression levels. Method: The goal of this literature review is to examine physical exercise therapies against anxiety in menopausal women. This study technique uses literature review with secondary data gathered not from direct observation. Results: Based on the results of literature review analysis in 8 (eight) national and international journals showed that from the results of statistical tests of all physical exercise conducted in the study can reduce anxiety with a significance value of \( p < 0.05 \) which means physical exercise can reduce anxiety levels. Discussion: Physical exercise or exercise is very good for menopausal women because it can prevent or reduce the risk of cardiovascular disease, diabetes, osteoporosis, breast cancer, anxiety, alzheimer, and depression, regular exercise can be effective in reducing anxiety in menopausal women.

Keywords: Physical Exercise, Anxiety, Menopause Women
INTRODUCTION

Introduction: According to WHO (World Health Organization) statistics, the number of women worldwide who experience menopause in 2017 is estimated to be over 1.94 million people. In the world, there are 894 million women who are menopausal, and it is predicted that by the year 2030, there will be 1.2 million women in the world who are going through the menopause (Nurwidayanti, 2019). One of the effects of menopause is that many women experience physical and psychological symptoms like anxiety, depression, and other psychiatric disorders. (Andira, 2010). Anxiety is a reaction to an unknown threat; it is also a personal feeling, a subjective experience that is not directly observed, a feeling without a distinct object sparked by ignorance, and it is preceded by a new experience. (Stuart dan Sundeen, 2015). Menopausal symptoms are treated pharmacologically with sedation, hypnosis, alternative hormone therapy, and drugs that relieve depression, but long-term treatment can have side effects like damage to the liver and kidney puncture. There are many non-pharmacological and pharmaceutical methods of preventing anxiety in menopausal women (Pizzi, 2020). Exercise has been shown in studies to efficiently increase physical fitness while reducing stress (Ströhle A, 2018).

MATERIALS AND METHODS

A search through Harzing’s Publish On Perish led to the decision to employ Scopus and Google Scholar for this study’s literature review research approach. The data used in this study was secondary data acquired from prior research investigations. "Intervention, Anxiety In Menopause Women" was the keyword utilized. 8 (eight) national and international periodicals found the search results.

RESULTS

This study employs a pre-experimental approach with a pre-post test one group design and is based on research (Cetina dkk, 2023) with the research title Effectiveness of Progressive Muscle Relaxation to Reduce Anxiety Levels in Menopausal Women. With non-probability sampling techniques and purposive sampling methods, i.e. sampling based on inclusion and exclusion criteria, samples of up to 25 respondents were gathered. For three weeks, a progressive muscular relaxation intervention is provide. The Hamilton Anxiety Rating Scale (HARS) questionnaire was used to quantify anxiety. Results: A significance value of 0.001 1 (p<0.05) was obtained based on the Wilcoxon test to determine whether progressive muscle relaxation has an effect on lowering anxiety levels in postmenopausal women. This indicates that there is an effect of progressive muscle relaxation on lowering anxiety levels in postmenopausal women. Three weeks of intervention are provided.

The effect of aerobic gymnastics and yoga on the ratio of waist circumference and depression levels in perimenopausal women is the subject of research (Supratmantoi, 2018). This study is a true-experimental design study with a three-group design with initial tests, final tests, and control groups. Perimenopausal wabita, probability sampling methods with a form of simple random sampling type, and a total of 60 perimenopausal women were the study's subjects. Three weeks of intervention are provided. The RLPP tape measuring formula and the DASS depression scale were employed in the instrument, and the t-paired test and ANOVA test were used for data analysis. The findings demonstrated that while yoga interventions might lower depression levels, they could not lower RLPP in perimenopausal women. Aerobic exercise had no effect on reducing depression and RLPP in perimenopausal women.
The Effect of Porpi Gymnastics on Reducing Anxiety Levels in Menopausal Women is a research study (Sukarni et al., 2022). This study employed a quasi-experimental approach without a control group, with pre- and post-test designs. Sampling with a 33-person sample utilizing the purposive sample approach. The PORPI gymnastics intervention was conducted for three months at a frequency of twice per week, with gymnastics lasting 60 minutes and including 10 minutes of warm-up exercises, 40 minutes of core exercises, and 10 minutes of cooling exercises. The Hamilton Anxiety Rating Scale (HAM-A) plus an interview method was employed in the study's questionnaire. The results of the study's data processing using the T dependent test revealed that menopausal women's anxiety levels decreased, with a difference in average values of 20.83 and a standard deviation of 0.35, indicating that PORPI gymnastics has an impact on this phenomenon.

The Effect Of Brain Gym To The Level Of Depression In Geriatric At Balai Perlindungan Social Tresna Werdha Ciparay Bandung, research (Pragholapati et al., 2019). The experimental pre-post test with a control group was used in this investigation. The sample for this study consisted of 34 participants, who were split into two groups of 17 each. Purposive sampling with a sample that satisfies the inclusion and exclusion requirements was used. The treatment group received Brain Gym nine times in five days. The Geriatric Depression Scale Short form questionnaire claims to be valid and trustworthy with an Alpha Cronbach value of 0.960 0.632. The Wilcoxon test and the Mann Whitney test were used to examine the data. The Wilcoxon test revealed that only the intervention group had a different level of depression, with a p value in the control group of 0.109 (>0.05) and 0.000 (0.05) in the intervention group. Ho was disqualified since both groups’ Mann Whitney results had p values of 0.000 (0.05), demonstrating the impact of Brain Gym on depression levels.

Yoga Gymnastics Can Reduce Anxiety Levels in Premenopausal Women, according to research (Setya, 2020) experiments that include exercise are used as part of the study methodology. Hatha yoga gymnastics was the study's independent variable, and premenopausal women's anxiety was its dependent variable. Participants in the study were 40–50 year old gymnasts registered at the Kleco Surakarta Parish Gymnastics Studio with 30 respondents. The Hamilton Anxiety Rating Scale (HAM-A) was the questionnaire that was employed in this investigation. According to the study's findings, both the experimental group, which scored 42.73 3.81 on the initial tests, and the control group, which scored 42.86 3.19, experienced high levels of anxiety. Following hatha yoga therapy, the experimental group's anxiety level dropped to 23.8 4.35 with a significant 0.000 0.05 decrease, whereas the control group's anxiety level stayed at 32.26 3.65 with a non-significant decline of 0.069>0.05. The study's findings demonstrated a difference between the experimental group and the control group,
with the experimental group experiencing less anxiety than the control group.

Research (Bai et al., 2022), the research title of Hip Gymnastics and Quality of Life of Menopausal Mothers, Type of experimental research with a sample of 48 menopausal women who experienced complaints, data analysis using the Wilcoxon marked rank test (Wilcoxon Signed Rank). Intervention in the form of pelvic gymnastics carried out for 2 meetings in one week for 1 month (4 weeks). The results showed that there was a change in passion for life through complaints in menopausal mothers before and after giving hip gymnastics in Ende regency which was indicated by the p-value for vasomotor, psychic, physical and somatic complaints (hot flushes, palpitations, head pain, psychic symptoms such as behavior changes, depression, libido disorders), Results were Asymp.Sig (2-tailed): 0.000 where the value was 0.05, indicating that hip gymnastics can stoke menopausal mothers' passion.

The Effect of Low Impact Aerobic Gymnastics on Reducing Stress Levels in the Elderly is a study (Putra et al., 2022) that employed a pre-experimental approach and a one-group pre- and post-test without control design. Using 18 respondents as a sample for a simple random sampling. The Depression Anxiety Stress Scale (DASS) is a survey used to gauge stress levels. Over the course of four weeks, low impact aerobic activity is performed three times each week for a total of 30 minutes. There is an effect of low impact aerobic exercise to reduce stress levels in the elderly, according to the results, which indicated Zhitung>Ztable (3.873>1.96) with p = 0.001 (p 0.05).  

**DISCUSSION**

Berdasarkan hasil dari 8 (delapan) jurnal yang dilakukan literature review tersebut adalah wanita pra menopause, menopause dan pasca menopause (lansia), yang berusia 40 sampai dengan >60 tahun yang mengalami kecemasan dan/atau depresi.

Intervensi dalam literature review ini berupa latihan fisik yaitu relaksasi otot progresif, senam aerobik, senam porpi, brain gym, senam yoga, senam pinggul, aerobic low impact. Hasil dari 8 (delapan) jurnal yang dilakukan literature review tersebut didapatkan hasil dari uji statistic dengan nilai signifikansi p<0.05 yang berarti latihan fisik dapat menurunkan tingkat kecemasan.

Every woman in this room will experience menopause around the age of eighteen, which is an easy phase of womanhood. This is the third biological phase of menstruation because indung telur inhibits the production of estrogen. (Sarang, 2019).

One non-pharmacological method for treating menopause-related gangguan symptoms in women is increasing physical activity. Several studies indicate that physical activity has a negative impact on a woman's menopausal mood and kecemasan level. (Kamaruddin, 2020).

Berdasarkan teori yang menyatakan bahwa wanita menopause adalah fase di mana organ reproduksi menurun, terutama fungsi ovarium, yang mengakibatkan penurunan hormon reproduksi seperti estrogen, progesteron, dan testosteron. Keadaan ini menimbulkan berbagai masalah kesehatan yang pada akhirnya akan berdampak pada kualitas hidup dengan adanya latihan fisik akan dapat mempengaruhi hipotalamus mengeluarkan hormone oksitosin,endorfin hipothalamus pituitary adrenal axis yang dapat menimbulkan relaxing anxiolitik effeks sehingga dapat menurunkan tingkat kecemasan (Andriani, 2018).
Gymnastics helps menopausal women feel less symptoms, and certain fitness elements are increased through exercise, allowing the heart and lungs to function at their best. It improves emotional balance, boosts self-assurance, and eases anxiety and tension. (Kamaruddin, 2020).

(Arini, 2018) According to numerous studies, exercising can help menopausal women lower their chance of developing heart disease, diabetes, osteoporosis, breast cancer, anxiety, Alzheimer's disease, and depression as well as prevent or delay the onset of these conditions. Although the intensity of exercise has less of an impact on depression and mental health, regular exercise is extremely useful in both areas.

CONCLUSIONS AND SUGGESTIONS

Conclusion
Based on 8 (eight) national and international journals that have been conducted literature reviews and based on the discussions that have been presented, researchers concluded that regular physical exercise can reduce anxiety levels in menopausal women.

Suggestion
A comprehensive summary from the literature review that health workers need to improve the provision of health education and the application of physical exercise for menopausal women both by health education institutions and health services such as Puskesmas, so that this physical exercise will become a work program and routine activity carried out by Puskesmas in reducing anxiety levels in menopausal women.

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CONFLICT OF INTEREST

The creation of this review literature is writing that is done independently, so there is no conflict of interest in writing.

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LITERATURE


Stuart dan Sundeen. (2000). *Pocket Book of Mental Nursing*. EGC.