THE EFFECT OF YOGA EXERCISE ON ANXIETY IN MENOPAUSAL WOMEN AT BABAKAN SARI SUB-DISTRICT, BANDUNG CITY

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ABSTRACT
Introduction: Menopausal women experience various physical and psychological problems. One of the psychological problems that often arises is anxiety. Anxiety occurs because a decrease in estrogen causes a decrease in serotonin, a chemical that carries messages between nerve cells in the central nervous system, gut, blood, and humans. The impact of menopausal women's anxiety is a decrease in quality of life. One intervention that is easy and safe to do is yoga. Yoga exercise has movements that are relaxing so that it can be used to reduce anxiety. This study aims to determine the effectiveness of yoga exercises to reduce anxiety in menopausal women. Method: The research design used quasi-experimental with pretest and posttest. The population in this study were women aged > 45 years. Samples were taken using purposive sampling. The inclusion criteria were women>45 years who had experienced menopause. The exclusion criteria were menopausal women taking anti-anxiety drugs. The instrument is in the form of a Zung self-rating anxiety scale questionnaire sheet which consists of normal, mild anxiety, moderate anxiety, and severe anxiety. Results: It shows that in the pretest, the majority of respondents had mild anxiety 34 people (68%); in the posttest, the majority of respondents became normal, namely 32 people (64%). The results of the t-test showed p-value = 0.00, < a = 0.05, so yoga interventions are proven to reduce anxiety in menopausal women. Discussion: Yoga exercises are effective in reducing anxiety because yoga exercises provide relaxation for postmenopausal women, with interventions given every 3 times a week for 3 weeks, increasing the effectiveness of yoga in reducing anxiety. Every movement in yoga has a relaxing effect, which if done continuously can reduce body tension and anxiety. Intervening 9 times for three consecutive weeks has been proven to reduce anxiety, initially mild to most normal. So yoga is proven to reduce anxiety in menopausal women. Every movement in yoga has a relaxing effect, which if done continuously can reduce body tension and anxiety. So yoga is proven to reduce depression in menopausal women. Conclusion: Yoga exercises are effective in reducing anxiety in menopausal women. Suggestions for other researchers are yoga interventions on the anxiety of chronic disease patients.

Key Word: Anxiety, Menopausal, Yoga exercise
Introduction

The number of menopausal women is increasing in Indonesia, one of the highest being in West Java with 1,750,000 people (BPS, 2021). Menopause is the cessation of a person's menstrual cycle for more than one year (Yang, Arnot, & Mace, 2019). Menopausal women experience a variety of physical and psychological problems. One of the psychological problems that often arises is anxiety (Callan et al., 2018).

Anxiety occurs because a decrease in estrogen causes a decrease in serotonin, a chemical that carries messages between nerve cells in the central nervous system, gut, blood, and humans. The impact of menopause on women's anxiety is a decrease in quality of life (Black & Hawks, 2014). The menopause can have a big impact on everyday life, including relationships with partners, social life, family life, and work. Anxiety will cause problems with memory or concentration that impact work (National Health Science United Kingdom, 2022).

One intervention that is easy and safe to do is yoga. Yoga exercise has movements that are relaxing so that it can be used to reduce anxiety (Jensen, Lomborg, Langdahl, & Wind, 2016). The highest number of women aged >45 years living in the Babakan Sari Sub-District RW 17 area is 135 people. In the results of interviews with 10 menopausal women, 7 people said they were worried about their relationship with their partner being disturbed, feeling anxious, and not being able to sleep well. 3 other people said they were not worried about their condition. This study aims to determine the effectiveness of yoga exercises to reduce anxiety in menopausal women.

Methods

The research design used a Quasi-experimental with pretest and posttest. The population in this study were women aged > 45 years in the Babakan Sari Sub-district RW 17, with a total of 135 women. Samples were taken using purposive sampling. The inclusion criteria were women > 45 years who had experienced menopause. The exclusion criteria were postmenopausal women who consumed anti-anxiety drugs. The instrument is in the form of a Zung self-rating anxiety scale questionnaire sheet which consists of normal, mild anxiety, moderate anxiety, and severe anxiety.

The yoga exercise intervention was carried out three times a week for 3 weeks with a duration of 30 minutes. The implementation phase consists of determining the research schedule, seeking approval, and explaining the researchers' objectives for providing yoga exercise interventions, along with the confidentiality of the data taken from the respondents. Give a pretest with a questionnaire. Conduct interventions according to yoga SOPs namely Yoga intervention based on yoga practice SOP was given 3 times in 3 weeks, then do a post-test. Data Processing consists of editing, coding, tabulating, data entry, scoring, and cleaning. Data analysis using univariate and bivariate. Univariate data analysis was done using percentages and bivariate using a t-test.

Results

Table 1

Distribution of Demographic Respondent (n=50)

<table>
<thead>
<tr>
<th>Categories</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-elderly</td>
<td>47</td>
<td>94%</td>
</tr>
<tr>
<td>Elderly</td>
<td>3</td>
<td>6%</td>
</tr>
<tr>
<td>Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Education</td>
<td>31</td>
<td>62%</td>
</tr>
<tr>
<td>High Education</td>
<td>19</td>
<td>38%</td>
</tr>
<tr>
<td>Income</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;UMR</td>
<td>10</td>
<td>20%</td>
</tr>
<tr>
<td>&gt;UMR</td>
<td>40</td>
<td>80%</td>
</tr>
<tr>
<td>Amount</td>
<td>50</td>
<td>100%</td>
</tr>
</tbody>
</table>

The results show the majority of the pre-elderly are 47 people (94%), the majority have low education, namely 31 people (62%), the majority do not work,
namely 28 people (56%), the majority have low income as many 40 people (80%).

Table 2
Anxiety Level T-test Result

<table>
<thead>
<tr>
<th>Anxiety Level</th>
<th>P-values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Mild</td>
</tr>
<tr>
<td>Pre-test</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>Post-test</td>
<td>32(64%)</td>
</tr>
</tbody>
</table>

Based on Table 2, in the pretest, the majority of respondents' mild anxiety was 34 people (68%); in the posttest, the majority of respondents became normal, namely 32 people (64%). The results of the t-test showed p-value = 0.00, <a = 0.05, so yoga interventions are proven to reduce anxiety in menopausal women.

Discussion
Anxiety Level
In the pretest, the results showed that the majority included mild anxiety 34(68%). Judging from the questionnaire items, the majority of respondents answered often to item no 1, namely I feel more restless or anxious than usual. Respondents felt that after menopause they were often suddenly anxious and restless (Anwar, 2021; Callan et al., 2018; and Chusna, 2019).

The majority of respondents, including the initial pre-elderly age of 47 people (94%), tend to experience an increase in anxiety because they are influenced by physiological decline so in the pretest there are no normal criteria (Callan et al., 2018 and Chusna, 2019). The results showed that the majority had low education or the equivalent of elementary and junior high school so it was possible that the majority of anxiety was mild, but there were also those who were moderate but nothing was normal. This is because education affects a person's ability to think and adapt to anxiety. Postmenopausal women who have higher education have more knowledge of health information so they are better able to control feelings of anxiety and worry about their condition (Callan et al., 2018 Chusna, 2019). The majority do not work, namely, 28 people (56%), which causes respondents to tend to be at home more often without anyone to talk to & (Callan et al., 2018, Chusna, 2019).

This causes more anxiety at mild and moderate levels The majority have low income as many as 40 people (80%). Income relates to the ability to meet one's needs and desires. When a person has less income, they tend to have high anxiety because they are unable to fulfill their wants and needs, especially facing menopause. These results are in accordance with Chusna's research (2019) which shows that the majority of anxiety in menopausal women includes mild criteria.

The effect of yoga exercise on anxiety
In the pretest, the majority of the respondents' anxiety was 34 people (68%); in the posttest, the majority of respondents became normal, namely 32 people (64%). The results of the t-test showed p-value = 0.00, <a = 0.05, so yoga interventions are proven to reduce anxiety in menopausal women.

A woman is called menopause when she experiences the cessation of menstruation for more than 1 year due to the cessation of production of the hormones estrogen and progesterone (Herawwati, 2020). Menopause is a natural thing that happens to every woman. Some people think that menopause is a pleasant thing and some think that menopause is sadness because they lose their productive period. Women often face menopause with anxiety and anxiety because menopause is synonymous with aging (Sari and Arismawati, 2020).

Approaching menopause, a woman's body will slow down the production of the hormone estrogen. This hormone is needed to control the production of serotonin in the body. Serotonin is a chemical that regulates
the mood of the day and can cause anxiety (Spencer, McKenna, Fary, Jacques, & Briffa, 2019). Anxiety can occur because a decrease in estrogen causes a decrease in serotonin, a chemical that carries messages between nerve cells in the central nervous system, gut, blood, and humans. The impact of menopause on women's anxiety is a decrease in quality of life (Black & Hawks, 2014). Anxiety arises because of conflict or self-response to a condition such as a change in life situation and is required to be able to adapt (Jayanti et al., 2021).

Anxiety factors According to Anwar (2021), Callan et al., (2018), and Chusna (2019) there are several factors that affect anxiety including age, education, income, and work. Age affects the level of individual maturity and the better the maturity level of a person, the better the adaptation in dealing with anxiety, but in the elderly, anxiety increases because it is influenced by physiological decline. Education affects a person's ability to think, so the higher a person's education level, the higher the adaptation to anxiety. Education can reduce an individual's sense of inadequacy in dealing with anxiety and can control negative emotions and feelings so that individuals with higher education can be calmer in dealing with situations and do not experience the impact of anxiety, namely a decrease in quality of life. Postmenopausal women who have higher education have more knowledge of health information so they are better able to control feelings of anxiety and worry about their condition. Income relates to the ability to meet one's needs and desires. When someone has less income, they tend to have high anxiety because they are unable to fulfill their wants and needs. Yoga is a movement to focus the whole mind to control the five senses and the body as a whole. Yoga exercises are carried out for 2 weeks, with 3 meetings a week. The duration of each meeting is 30 minutes. The six yogas consist of various movements that have a relaxing effect so they can be used to reduce anxiety (Jensen, Lomborg, Langdahl, & Wind, 2016). Yoga encourages positive physiological changes in post-menopausal women so that it can be applied as a complementary therapy (Jorge et al., 2016).

Results show that yoga exercises are effective in reducing anxiety because yoga exercises provide relaxation for postmenopausal women, with interventions given every 3 times a week for 3 weeks, increasing the effectiveness of yoga in reducing anxiety. Every movement in yoga has a relaxing effect, which if done continuously can reduce body tension and anxiety. Intervening 9 times for three consecutive weeks has been proven to reduce anxiety, initially mild to most normal. So yoga is proven to reduce anxiety in menopausal women. Every movement in yoga has a relaxing effect, which if done continuously can reduce body tension and anxiety. So yoga is proven to reduce depression in menopausal women. These results are in accordance with Utami's research (2020) which says that yoga exercises can reduce women's anxiety. The difference between the Utami study and this study was the sample, the Utami study sampled premenopausal women while this study included menopausal women.

Conclusion
Yoga exercises are effective in reducing anxiety in menopausal women. Suggestions for other researchers are yoga interventions on the anxiety of chronic disease patients.

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