

The Relationship Between Family Support and Women's Readiness to Face Menopause

Layli Nur Aulia¹, Dewi Dolifah¹, Amanda Puspanitaning Sejati¹
¹Universitas Pendidikan Indonesia, Bandung, Indonesia

Article Info

Keywords :

Family Support, Women's Readiness, Menopause

Corresponding Author :

Layli Nur Aulia

E-mail : layli.na844@upi.edu

Phone Number : 081998124928

ABSTRACT

Background & Objective: Menopause is a natural stage in a woman's life characterized by the permanent cessation of menstruation due to decreased ovarian function. This phase often causes various changes, both physically, psychologically, and emotionally, which can lead to discomfort for women. This study aims to examine the relationship between family support and women's readiness to face menopause. **Method:** This research is a quantitative study with a correlational analytic design. The research population consisted of women aged 45–55 years, with a sample size of 82 respondents selected using cluster sampling technique. The research instruments included a family support questionnaire by Nursalam, which had been declared valid (r table 0.336) and reliable (Cronbach's Alpha 0.9453), as well as a questionnaire on women's readiness for menopause adapted from Agustina, which had been declared valid (r table 0.361) and reliable (Cronbach's Alpha 0.886). The data were presented in the form of frequency distribution through univariate analysis and analyzed bivariately using the Spearman Rank test. **Result:** The study results indicate a significant relationship between family support and women's readiness to face menopause, with a correlation coefficient of 0.406 and a p -value <0.001 , showing a moderate strength and a positive direction of the relationship. **Conclusion:** These findings indicate that the higher the family support provided, especially instrumental and emotional support, the better a woman's readiness to face menopause.

DOI: <https://doi.org/10.56359/igj.v5i2.960>



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Introduction

Every woman will experience menopause as part of the natural process of her life. Psychologically, women going through menopause often show symptoms such as increased sensitivity, easy stress, feeling worthless, low self-esteem, excessive anxiety, and even depression. Meanwhile, physically, they may experience issues such as osteoporosis, headaches, sleep disturbances (insomnia) and excessive sweating, especially at night (Asriati et al., 2023).

According to WHO data (2017), there are approximately 1.94 billion women worldwide in the climacteric phase, with 894 million of them having entered menopause. It is estimated that by 2030, the number of women over 50 years old experiencing this phase will increase to 1.2 billion, or three times higher than in the previous period (Febriani et al., 2023). Although menopause is a global phenomenon, its prevalence varies across regions. In Europe, 70-80% of women experience menopausal syndrome, around 60% in America, 57% in Malaysia, 18% in China, whereas in Japan and Indonesia it is only about 10%. These differences are believed to be influenced by dietary patterns, as Asian women tend to consume more foods containing phytoestrogens compared to European women. Low phytoestrogen levels and a drastic decline in estrogen levels are the main factors for the high incidence of menopausal syndrome among European women (Septilia et al., 2024).

Data from the Ministry of Health of the Republic of Indonesia (Kemenkes RI, 2020) shows that out of a total population of 262.6 million, there are approximately 30.3 million women who are in the menopausal age, with an average age of 49 years. Meanwhile, according to the Central Statistics Agency (BPS, 2020), the number of women in Indonesia reaches 133,542,018, of which around 16,870,932 are in the premenopausal or menopausal phase. It is estimated that by 2025 the number of women entering menopause will increase significantly to around 60 million. According to data from the Central Statistics Agency in 2023, in West Java, women aged 45-59 number around 9,514.7 thousand, and in Sumedang Regency about 37.8 million. Based on information from the Sumedang Health Office, as of now, there is no definite data regarding the total number of premenopausal and menopausal cases.

As women enter menopause, they often experience various physiological, psychological, and social changes that can affect their quality of life. Therefore, health programs focused on education and women's empowerment become very important. Several studies in Indonesia have shown that health education interventions can increase women's knowledge and readiness to face menopause. Research by Maki et al. (2016) indicates that women's readiness to face menopause is influenced by their level of knowledge and family support. Respondents with adequate knowledge and good family support showed more optimal readiness in facing physical and emotional changes during menopause. Meanwhile, Nababan (2021) stated that education, knowledge, and family support have a strong relationship with the readiness of premenopausal women. Women with higher education levels and adequate family support show much better readiness. Furthermore, based on research conducted in the Langsa Timur subdistrict, the readiness of women aged 40-50 is influenced by education level, occupation, and knowledge. Women who are employed and more frequently exposed to information show better readiness in facing menopause.

In responding to the changes that arise during the menopause phase, women in the premenopause stage greatly need support from their families to enhance their comfort and peace of life. Family support can help women go through menopause

with more confidence and calm, especially when facing difficult situations or crises. Types of support that can be provided by the family include emotional support, shown through empathy and care; esteem support, which involves giving appreciation and positive acknowledgment of the feelings and opinions of premenopausal women; informational support, in the form of providing advice, guidance, and involvement in discussions related to the problems faced; and instrumental support, for example by helping to complete daily household chores (Simangungsong, 2019).

Family support, both in social and psychosocial forms, plays an important role in the health and readiness of women in facing menopause. Women who receive support from their families during the premenopause period tend to feel more protected, cared for, and have a sense of security and concern that can strengthen their readiness to face this transition (Muchsini & Fanda, 2023).

Seska's research (2020) revealed that the readiness of premenopausal women to prepare for the menopause phase is influenced by the support provided by their families. This support includes family members' willingness to understand and listen to complaints, show patience toward behaviors, and assist in overcoming various challenges faced during the transition to menopause. In line with these findings, research conducted by Enur & Fanda (2023) shows that family support plays a significant role in helping mothers approaching menopause. The forms of support provided include emotional support, information, appreciation, and practical help in daily life. With this support, mothers feel calmer, more confident, and able to accept the changes that occur during the approach to menopause. This study emphasizes the importance of the family's role, especially that of partners and children, in creating a positive environment so that mothers are better prepared physically and psychologically to face menopause in a healthy and balanced way.

Research conducted by Meilan and Huda (2022) indicates that women's readiness to face menopause is influenced by several factors, particularly their level of knowledge about menopause. The study results show that women who have good knowledge about menopause tend to be more physically and psychologically prepared to face the changes that occur during this period. Conversely, a lack of understanding about the process and symptoms of menopause is associated with a low level of readiness. Therefore, education and increasing knowledge are important aspects in helping women prepare to face menopause in a positive and healthy way.

Based on a preliminary study conducted by the researcher in Citimun Village on June 27, 2025, interviews with 15 women aged 45-55 revealed that 11 out of 15 did not know the signs and symptoms of menopause or the various factors that influence its occurrence, such as age at first menstruation and contraceptive factors, due to a lack of information they received. In terms of family support, 8 out of 15 families were found to provide insufficient support in terms of informational, instrumental, emotional, and appraisal support. This was due to low communication between mothers and their families about menopause. Additionally, a lack of preparation and support from the family can make women less ready to face menopause, which in turn has the potential to cause various problems during this phase.

Previous research shows that women's readiness to face menopause is greatly influenced by family support, whether emotional, informational, appreciative, or practical assistance. Such support plays an important role in increasing self-acceptance, reducing anxiety, and helping women adapt to physical and

psychological changes. However, most studies still focus on psychological and physical health aspects, while research specifically examining the relationship between family support and women's readiness to face menopause is still limited. This study is novel in its focus on female respondents aged 45–55 years in the pre-menopause to early menopause phase, as well as the use of family support and menopause readiness instruments that have been modified and tested for validity and reliability.

Objective

This study aims to analyze the relationship between family support and women's readiness to face menopause, as well as to describe the level of family support and the level of women's readiness to face the menopause period.

Method

This study used a quantitative approach with a correlational analytical descriptive design and a cross-sectional method conducted in Licin Village, Cimalaka District, in November 2025, with a population of all women aged 45–55 years totaling 459 individuals. Sampling was carried out using a cluster sampling technique based on RT (neighborhood) areas, resulting in 82 respondents. The research instruments consisted of a family support questionnaire adapted from Nursalam through Indriyanto (2015) using a Likert scale and a menopause readiness questionnaire adapted from Agustina (2016) using a Guttman scale, both of which were declared valid (r table 0.336 and 0.361) and reliable (Cronbach's Alpha 0.9453 and 0.886). The data were analyzed univariately to describe the frequency distribution and percentage of each variable, and bivariately using the Spearman Rank test through the JASP application with a 90% confidence level to determine the relationship between family support and women's readiness to face menopause.

Results

respondent characteristics

TABLE 1. Respondent Frequency Distribution Based on Demographics (n=82)

Age	Frequency (n)	Persentase (%)
45-48	30	36.6
49-52	32	39.0
53-55	20	24.4
Total	82	100.0
Education	Frequency (n)	Persentase (%)
S1	4	4.9
SD	23	28.0
SMA	26	31.7
SMP	27	32.9
Tidak sekolah	2	2.4
Total	82	100.0
Jobs	Frequency (n)	Persentase (%)
Pegawai Negeri/TNI/POLRI	2	2.4
Tidak bekerja	78	95.1
Wiraswasta	2	2.4
Total	82	100.0

TABLE 2. Frequency Distribution of Family Support (n=82)

Family Support	Good		Fair		Poor		Total	
	F	(%)	F	(%)	F	(%)	F	(%)
Emotional Support	53	64.6%	8	9.8%	21	25.6%	82	100%
Affirmative Support	26	31.7%	1	1.2%	55	67.1%	82	100%
Instrumental Support	56	68.3%	4	4.9%	22	26.8%	82	100%
Informational Support	38	46.3%	20	24.4%	24	29.3%	82	100%

TABLE 3. Frequency Distribution of Women's Readiness

Women's readiness	F	(%)
Good	12	14.6
Fair	43	52.4
Poor	27	32.9
Total	82	100.0

TABLE 4. Spearman's Correlations

Family Support	Women's Readiness								P-Value
	Good		Fair		Poor		Total		
	F	(%)	F	(%)	F	(%)	F	(%)	
Emotional Support	12	14.63%	43	52.44%	27	32.93%	82	100.00%	<0,001
Affirmative Support	12	14.63%	43	52.44%	27	32.93%	82	100.00%	<0,001
Instrumental Support	12	14.63%	43	52.44%	27	32.93%	82	100.00%	<0,001
Informational Support	12	14.63%	43	52.44%	27	32.93%	82	100.00%	<0,001

Discussion

This study demonstrates a significant positive relationship between family support and women's readiness to face menopause, with a moderate strength of association. This finding confirms that better family support is closely associated with higher preparedness in dealing with the physical and psychological changes of menopause. Most respondents were aged 49–52 years, representing the pre-menopause to early menopause phase, a critical period marked by hormonal instability and the emergence of symptoms such as sleep disturbances, emotional changes, anxiety, and vasomotor complaints. At this stage, readiness becomes crucial in determining adaptive capacity. This finding is consistent with previous studies identifying late forties to early fifties as the most vulnerable phase of menopausal transition.

The majority of respondents had a junior high school education and were unemployed, indicating limited access to health information and lower health literacy. These conditions increase vulnerability to anxiety and negative perceptions of menopause while simultaneously strengthening dependence on the family as the primary source of support and information. The univariate analysis revealed that instrumental support was the dominant and well-established form of family support, reflecting a pattern of tangible assistance such as help with daily activities and practical needs. However, despite strong instrumental support, most women displayed only "adequate" readiness, indicating that optimal preparedness requires not only physical assistance but also sufficient emotional and informational support.

Spearman correlation analysis confirmed that family support functions as a significant protective factor in enhancing women's psychological adaptation to

menopause. Women who receive strong family support tend to demonstrate better emotional regulation, acceptance of bodily changes, and mental preparedness. These findings are consistent with previous studies by Agustina (2016) and Indriyanto (2015), which emphasize the importance of family support in shaping psychological readiness during menopause.

The strength of this study lies in its specific focus on women in the premenopausal to early menopausal phase and the use of validated and reliable instruments. However, limitations include the cross-sectional design, which restricts causal interpretation, potential subjective bias from self-reported questionnaires, and the limited analysis of other influencing factors such as economic status, family relationship quality, and access to healthcare. Overall, this study confirms that family support is a key determinant of women's readiness for menopause and should be integrated into community nursing and women's health education programs.

Conclusion

This study shows that family support falls into the moderate category (40.2%), with instrumental and emotional support being the most dominant forms, while women's readiness to face menopause is also at a moderate level (52.4%). Correlation analysis indicates a significant relationship between family support and women's readiness to face menopause ($r = 0.406$; $p < 0.001$), with a positive direction and moderate strength. These findings confirm that the higher the family support, the better a woman's readiness to deal with the physical and psychological changes during menopause. Further research is recommended to use a longitudinal design to more accurately capture the dynamics of women's readiness from the premenopause to postmenopause phases.

Acknowledgement

The author expresses appreciation and gratitude to the Licin Village Government, Cimalaka Health Center, and all respondents who have participated in this study. Thanks are also extended to all parties who have provided support during the research process up to the preparation of this manuscript.

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