

## **ABSTRACT**

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*Relationships Health Education with Anxiety of Levels Premenopausal Women in RT 85 RW 05 Kelurahan Talang Kelapa Palembang*

### **SKRIPSI**

**PROGRAM STUDI ILMU KEPERAWATAN**

**FAKULTAS ILMU KESEHATAN**

**UNIVERSITAS KATOLIK MUSI CHARITAS**

**Background** : *Premenopausal is the initial phase of the climacterium transition that occurs 2—5 years before entering the menopausal phase and usually occurs from 40 to 50 years of age. Decreased levels of estrogen and progesterone that occurs in premenopausal women can cause psychological problem, namely anxiety. One of the factors causing anxiety, namely lack of knowledge. Provide information by means health education use leaflet beneficial for increase the knowledge of premenopausal women in order to reduce the levels of anxiety.*

**Aim** : *This study aims to determine relationships health education with anxiety of levels premenopausal women in RT 85 RW 05 Kelurahan Talang Kelapa Palembang*

**Method** : *This study used pre-eksperiment design with static group comparison approach on 68 samples by purposive sampling technique which is divided into two groups. The Intervention group was given health education and the control group was not given health education.*

**Result** : *Majority of respondents in control group an anxiety on moderate level, that is as many as 18 respondents (52,9%). While the intervention group an anxiety on low level, that is 31 respondents (91,2%). Result of bivariate test by fisher's exact test obtained there is a relationships health education with anxiety of levels premenopausal women with  $p$  value  $0,001 < 0,05$ . For that in need of health personnel role as educator to give more information by doing health education.*

**Key words** : *Premenopausal, Anxiety, Health Education*