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## Research Article

# The Effectiveness of Peppermint Aroma Therapy on Menopause Women's Anxiety in Serang Village

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### Abstract

**Aims:** as many as 39.4% of 71 women experience anxiety in the severe category. One of the contributing factors is the lack of knowledge about menopause. The large number of menopausal women represents the readiness of women to accept the changes that occur during that period. This unpreparedness is motivated by several factors, including: lack of understanding/knowledge, education, environment and so on.

**Objectives:** To Know The Effectiveness Of Giving Peppermint Aromatherapy In Reducing Anxiety In Menopausal Mothers In Serang Village In 2022

**Methods:** The type of research in this research is quantitative. This research is a type of experimental research. This research will be carried out in Serang Village from October to November 2022 with the assistance of the local RT and RW heads. The reason for taking in the village of Serang is because the distance to the house is very close and you know the environment where menopausal women live. The number of samples in this study was 30 respondents. With the total sampling technique where 15 respondents were examined and given aromatherapy and 15 respondents were not examined and both used a questionnaire. The instruments used were the HARS Questionnaire and SOP for lemon aromatherapy. After that, the researchers processed the data using the t-test.

**Results:** From the results of the analysis of the t-test data, the results obtained are  $p = 0.000$ . This figure indicates that the  $p$  value  $< 0.05$ , meaning that there is an effect of giving peppermint aroma therapy on the anxiety of menopausal mothers.

**Conclusion:** There is an Effect of Giving Peppermint Aromatherapy on Anxiety of Menopausal Mothers. It is hoped that this research can provide a means of information or knowledge about the effect of Peppermint Aromatherapy on Anxiety of Menopausal Mothers.

### Keywords:

Aromatherapy, Menopause, Papermint

## INTRODUCTION

Menopause is a transitional step from the reproductive to non-reproductive era, marked by the cessation of menstruation. Menopause often occurs in women between the ages of 45 and 55. In Indonesia, the

average age of menopausal women is 50 years. Menopause is induced by a decline in ovarian function caused by aging, which causes a drop in estrogen production. This substance produces changes in the body or mind, giving rise to menopause-related problems (1). Some women (75%)

considered menopause problems to be a nuisance or an impediment, whereas others (25%) did not (2). According to the World Health Organization (WHO), the number of postmenopausal women in Asia will increase from 107 million to 373 million by 2025.

In America, the anxiety event rate is 28% or higher. Anxiety affects people between the ages of nine and seventeen. 13% were aged 18-54, 16% were aged 55, and 11.4% were elderly. Female genital types are twice as likely as men to experience anxiety. According to the 2017 Indonesian Demographic and Health Survey, the percentage of women aged 30-49 in Indonesia experiencing menopause is 16.1%, with a total of 28,767 individuals. The proportion of women aged 30-49 who experience menopause rises with age, rising from 10% for women aged 30-34 to 17% for women aged 44-45 and 43% for women aged 48-49 (2017 Demographic and Health Survey). Increased life expectancy has resulted in an increase in the number of menopausal women on the planet. Such is the situation in Indonesia, demonstrating that women have a higher life expectancy than men. According to information from the Central Statistics Agency (BPS) for public anticipation of 2010, it is predicted that 5,846,000 women in Indonesia will enter the menopause phase. As a result, don't be shocked if the number of menopausal women in Indonesia continues to rise (BPS, 2010). In Indonesia, the population is rapidly increasing. According to the Central Bureau of Statistics (BPS), the number of women over 50 in Indonesia would increase from 107 million to 373 million between 2006 and 2011, with 75 million menopausal women expected by 2025 (3).

Riset Jalinan Dokter Indonesia, in collaboration with Fakultas Medis Universitas Indonesia, discovered that 34% of Indonesian women have menopausal symptoms. According to a study conducted in the province of Sleman in 2015, if a woman reaches the age of 86, 67% would have menopause symptoms. 2015 (4).

Another study found that 39.4% of 71 people in the rat category experienced kecemasan. One specific factor is the reduction of menopausal symptoms (5).

According to the findings of Bansal's 2015 study, 180 women aged 40-60 years suffered mental tension and anxiety at rates of 86.7% and 88.9%, respectively. That is, 88.9% of women aged 40-60 suffer from anxiety. According to the results of a 2017 Ministry of Health study, the number of menopausal women in West Java Province grows every year, with 13.01 million women registered out of a total Indonesian population of 261.89 million people (6). The sources for the Central Bureau of Statistics of West Java are age group and genital type. In 2020, there will be 1,881,500 women aged 35-39, 1,830,900 persons aged 40-44, and 1.653.100 people aged 45-49. Bekasi Regency has a population of 3,002,112 people in 2013. Bekasi Regency had a population of 3,112,698 people in 2014, an increase of 120,586 people from 2013. In 2014, there were 1,530,110 people in the female genital type community. In 2018, the population of Cikarang District was 110,414 people, with 53,921 (49%) women. Hegarmanah Hamlet has a total population of 8,736 persons in 2021, with 3,147 (36%) being female (7).

The large percentage of menopausal women has replaced women's willingness to embrace the changes that occurred during that time period. Several variables contribute to this lack of preparedness, including a lack of explanation or insight, learning, location, and the like. (8) stated in "observations of the insights and actions of women aged 45-50 years in readiness to experience change during the menopause era" that there are several aspects that affect women's unpreparedness in experiencing the menopause era, namely: small knowledge, learning, profession, social customs, religion, and a lack of information.

The change of life is the span of time a woman has to get used intellectually to a changing lifestyle. According to (9) study conducted by Robertson at the Menopause Clinic Australia, out of 300 menopausal age

sufferers there were 31.1% of sufferers experiencing mental stress and anxiety. Not only that, research has shown that 10% to 15% of menopausal women in Indonesia feel anxious. Some researchers have proven that 75% of women who are experiencing menopause feel menopause as a problem or obstacle, whereas the other 25% do not mind it (10). The psychological changes that occur during menopause can lead to different actions, including the presence of an emergency that is manifested in psychological symptoms such as mental pressure, irritability, irritability, overwhelm with a lot of anxiety, unable to sleep or unable to sleep, because they are very confused. and worried. Many women who face menopause become someone who easily faces fear. This anxiety emerges as a result of the frequent confusion that shadows them in experiencing situations they were never worried about before. One aspect that causes menopausal women to feel afraid is the woman's ignorance of the characteristics or identity of menopause while she has reached that stage.

Geriatric services at hospitals, health services at puskesmas, the establishment of home care for elderly people with special needs, and the existence of Structured Service Posts (Posyandu) for the Elderly or Structured Development Posts (Posbindu) have all been tried in Indonesia to improve health services for the elderly. This health service concentrates not only on curative businesses, but also on promotional and protective initiatives. The elderly's quality of life is predicted to increase as a result of these varied health treatments (11). This research is related to the improvement of the elderly's quality of life, particularly during the menopause period. The elderly generally experience anxiety during the menopause period, and there are previous research results regarding the effects of aromatherapy on anxiety by Verawati's research with an essay on the effect of Lavender Inhalation Aromatherapy on the Anxiety of Chronic Kidney Failure Patients Undergoing Hemodialysis at Doctor

Reksodiwiryo Hospital, Padang. The Wilcoxon statistical experiment yielded a  $p = 0.004$  result, indicating that there is an effect of administering the perfume of lavender treatment to the anxiety level of hemodialysis patients because  $p < 0.05$  (12).

The results of the preliminary research conducted by researchers in Serbu Hamlet included 35 menopausal women, 10 of whom conducted interviews, the results of question and answer obtained 9 respondents who experienced anxiety, 5 of whom had a standard of controlled severe anxiety and 4 of whom had more anxiety (13). The results collected from 5 respondents with a standard of managed severe anxiety observed a change in anxiety level to anxiety again after being given peppermint aromatherapy. In contrast, four other respondents with a standard of anxiety had variations of three, including mild anxiety, and one other respondent always.

Based on the rationale above, there have been incidences of aromatherapy being useful in reducing anxiety in menopausal women, prompting researchers to do research on the "Effectiveness of Giving Peppermint Aromatherapy in Reducing Anxiety in Menopausal Mothers in Serang Village in 2022."

## METHODS

This study is an example of experimental research, which is research that is conducted using a natural approach with two variables. This study employs a quasi experimental study with a control group design. This study will be conducted in Serang Village from October to November 2022, with the help of the local RT and RW leaders. The village of Serang was chosen since the distance to the house is short and you are familiar with the atmosphere in which menopausal women live. The research method employed was experimental. This study's illustration includes 30 respondents. With the Overall Sampling sampling approach, 15 respondents were inspected and given the

odour of the treatment, whereas 15 others were not, and both used a questionnaire. Following the collection of data, the prerequisite analytical experiments, namely the normality and homogeneity experiments, were performed. Following that, the researchers prepared the data using the t-test (t-test).

## RESULTS

### Univariate analysis

Average Anxiety Before and After Given Papermint Aromatherapy in Serang Village, South Cikarang District in the Control Group.

**Table 1. Average Distribution of Anxiety Before and After Giving Papermint Aromatherapy in Serang Village, South Cikarang District in the Control Group**

Control Group	N	Mean	Deviation Standard	Min	Max
Before	15	29,80	3,46	26	37
After	15	29,33	3,61	25	37

According to Table 1, the flat values of Anxiety before receiving Papermint Aromatherapy are 29, 80, and after 29, 33, with a standard deviation of 29. Before 3, 46, and after 3, 61, while the minimum and highest values are before 26 and after 37, respectively.

**Table 2. Average Distribution of Anxiety Before and After Giving Papermint Aromatherapy in Serang Village, South Cikarang District in the Intervention Group**

Intervention Group	N	Mean	Deviation Standard	Min	Max
Before	15	29,20	2,78	27	38
After	15	14,13	2,58	10	20

Based on Table 2 it can be seen that the flat number of Anxiety before being given Papermint Aromatherapy in the intervention group 29, 20 and after 14, 13 with a standard deviation Before 2, 78 and after 2, 58 while the minimum numbers before 27 and after 10 and maximum before 28 as well as after 20.

### Bivariate Analysis

The Effect of Peppermint Aromatherapy on Anxiety of Menopausal Mothers.

**Table 3 Results of the t test (t-test) The Effect of Peppermint Aromatherapy on Anxiety of Menopausal Mothers**

Painful	N	Mean	Deviation Standard	P-Value
Intervention	15	14,13	2,58	0,000
Control	15	29,33	3,61	



According to table 3, anxiety in the intervention group is normally 14.13 with a standard deviation of 2.58, while anxiety in the surveillance group is generally 29.33 with a standard deviation of 3.61.  $p = 0.000$ . This figure demonstrates that the number  $p = 0.05$ , indicating that there is an effect of delivering peppermint fragrance medicine to menopausal women's anxiety.

## DISCUSSION

### The Effect of Peppermint Aromatherapy on Anxiety of Menopausal Mothers

Anxiety levels in the control group were 29.80 before and 29.33 after receiving Peppermint Aromatherapy, with a standard deviation of 29.33. Before 3, 46, and after 3, 61, whereas the minimum and maximum numbers were before 26 and after 37, respectively, as well as known flat numbers. Anxiety levels in the intervention group were 29, 20, and 13 with a standard deviation before receiving Peppermint Aromatherapy. The time before 2.78 and after 2.58, with a minimum before 27 and a maximum before 28 and after 20. The number  $p = 0.000$  is the result of the analysis of the t information experiment. This figure demonstrates that the number  $p = 0.05$ , indicating that there is an effect of delivering peppermint therapeutic scent to menopausal mothers' anxiety. These findings are consistent with (12) research, which was published in an essay titled The Effects of Lavender Inhalation Aromatherapy on the Anxiety of Patients with Chronic Kidney Failure Undergoing Hemodialysis at Doctor Reksodiwiryo Hospital, Padang. This study employs a quasi-experimental design using an unsupervised pre and post test technique. From January 16 to February 6, 2019, the aroma of lavender medicine and the ZSAS (Zung Self Rating Anxiety Scale) were used in the Doctor's RST Hemodialysis room at Reksodiwiryo. The Nonprobability Sampling approach, specifically purposive sampling using the Federer method, was used to collect illustrations from 18 respondents.

The Wilcoxon statistical experiment yielded a  $p = 0.004$  result, indicating that there is an effect of delivering lavender scent medication to hemodialysis patients' anxiety levels because  $p < 0.05$  (14).

According to the theory of peppermint aromatherapy, being able to provide a sense of peace will enable a person to think calmly in order to deal with stressors, and as a consequence, adaptive coping will be realized. Adaptive coping enables a person to adapt appropriately to his situation while avoiding anxiety (14). Aromatherapy is a type of complementary medicine that uses essential oils extracted from original fragrant shrub extracts to increase physical arousal while also offering comfort for the mind and body (15). Peppermint aromatherapy (*mentha piperita*) is one type of aromatherapy used to reduce anxiety. Peppermint aromatherapy contains menthol or ginger, both of which can be soothing and anti-fear. According to (16) research, there is an effect of administering aromatherapy with a type of lavender to alleviate anxiety. The average anxiety level prior to aromatherapy was 2.53, and it decreased by 1.60 after receiving lavender aromatherapy. Another advantage is that the elderly appear safer and calmer than before, and respondents reported that they could regulate their anxiety and feel comfortable following the treatment. In contrast, study (17,18) show that employing non-medicinal therapies with distinct aromatherapy compounds, notably lavender and ylang, has consequences for conquering anxiety and improving the elderly's quality of life. Aromatherapy can help to balance the body and mental systems, relieve headaches, and reduce anxiety, stress, and sleep difficulties.

Based on the evidence presented above, it is possible to conclude that peppermint helps alleviate tension, fear, negative thoughts, and anxieties. This is due to the fact that after the respondent inhales peppermint, the elements and elements of aromatherapy will enter through the airways (nose) and will then be passed on by the nerve receptors

received as a good signal and then presented as a pleasant aroma and in the final stage the odor stimulus will also enter affect the limbic system as the center of a person's anger so that feelings become calmer, aromatherapy has a positive effect because fresh and fragrant aromas will As a supportive action, aromatherapy offers numerous advantages such as a soothing effect or a stimulant to relieve anxiety and reduce mental tension.

## CONCLUSION

The number  $p = 0.000$  is the result of the analysis of the information  $t$  experiment. This figure demonstrates that the number  $p < 0.05$ , indicating that there is an effect of delivering peppermint therapeutic scent to menopausal mothers' anxiety. As a result of this research, it is hoped that the researchers will duplicate references to books, daily newspapers, or the most recent global and national posts regarding the Aroma of Peppermint Medicine for Anxiety for Menopausal Mothers, which can be used as a database, reference, and differentiator in carrying out anxiety management for menopausal women.

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