



SOLUTIONS TO OVERCOME HORMONAL CHANGES IN PREMENOPAUSE AND MENAPOUSE IN CHIBA MUSLIM RECITATION IN CHIBA – JAPAN THROUGH EDUCATION

Triana Indrayani¹, Aenurida², Vera Novita³, Pibriani⁴, Ela Marlina⁵, Lia Aprillianti⁶,
Yayu Humaeroh⁷

¹²³⁴⁵⁶⁷Master of Midwifery, Faculty of Health Sciences, National University, Indonesia
Corresponding-Author : trianaindrayani@civitas.unas.ac.id¹

Abstract

Menopause and premenopause are natural transition phases experienced by women with significant hormonal changes. This condition is often accompanied by symptoms such as hot flashes, sleep disturbances, mood swings, and an increased risk of osteoporosis and cardiovascular disease. This community service program aims to provide comprehensive knowledge and solutions in dealing with hormonal disorders in premenopausal and menopausal women through educational approaches, non-pharmacological therapies (complementary therapies), and lifestyle changes. **The methods** used in this activity are the preparation and submission of proposals, counselling, questions and answers, evaluations and door prizes. The materials provided include health seminars, healthy lifestyle training, and medical consultations involving health professionals. The results of the program showed that participants had increased knowledge about menopause and how to cope with hormonal changes in non-pharmacological ways (complementary therapy). **In conclusion**, multidisciplinary approaches in complementary lifestyle and parenting education and interventions can help women better manage menopausal symptoms, improve quality of life, and reduce the negative impact of hormonal changes that occur. Therefore, it is important to continue to develop similar programs to help more women cope with this transition optimally.

Keywords: Education, Healthy Lifestyle, Menopause, Pre-Menopause, Hormonal Changes, Health

INTRODUCTION

The Perimenopausal period is a transitional phase before menopause that is marked by a transition phase before menopause that is characterized by significant hormonal changes, especially a decrease in estrogen. Symptoms that often appear include hot flashes, sleep disturbances, mood swings and anxiety. Pharmacological approaches such as hormone therapy are often used to treat these symptoms, but concerns about side effects have led many women to seek non-pharmacological alternatives. Japan is a country with an advanced health system and a population dominated by the elderly group. However, the health challenges faced by women in the premenopausal and menopausal phases are still a concern, especially in terms of managing hormonal changes. These changes often cause symptoms such as hot flashes, sleep disturbances, and mood swings, as well as an increased risk of osteoporosis and cardiovascular disease. As an alternative to hormone replacement therapy (HRT), many women in Japan are starting to look for solutions based on natural therapies, such as phytoestrogens from plant-based foods and complementary therapies such as acupressure and yoga. Therefore, education about menopause management with a holistic approach is very important so that women can better understand and deal with these changes.

This Community Service activity was held at the Chiba Muslim Recitation (PMC), located in Chiba City, Japan. Chiba is the capital of Chiba Prefecture, located in the Kantō region, east of

Tokyo. The city is part of the Greater Tokyo metropolitan area, so it has good access to a wide range of modern facilities, including health and education.

Geographically, Chiba has a diverse landscape consisting of lowlands and coastal areas that are directly adjacent to Tokyo Bay. The city also has a fairly thriving international community, including a Muslim community that is active in various social and religious activities.

In the context of health, Japan is known for its high life expectancy rate and the application of advanced medical technology. However, there are still challenges in reproductive health education, especially for immigrant communities and residents who lack access to adequate medical information. Therefore, this activity was held in the PMC (Chiba Muslim Recitation) community to provide education on solutions to overcome hormonal changes in premenopause and menopause, especially for Muslim women living in Japan.

With this program, it is hoped that participants can better understand the hormonal changes that occur and apply healthier and more natural solutions to managing menopausal symptoms.

Purpose of Service

1. Improve participants' understanding of hormonal changes during premenopause and menopause.
2. Providing education on safe and scientific-evidence-based non-pharmacological therapies
3. Improving women's well-being and quality of life with healthy lifestyle approaches and complementary therapies.

METHOD

This activity was held on February 23, 2024, at the Chiba Muslim Recitation Community (PMC), Japan, with the target of women aged 40 years and older who experience symptoms of premenopause and menopause. The method of implementing this activity consists of three main stages, namely preparation, implementation, and evaluation

1. Preparation Stage

The implementation team prepares proposals and permits, prepares educational materials in the form of presentations, leaflets, and Kegel gymnastics videos, and regulates logistics needs such as LCD projectors, laptops, and acupressure practice materials. The promotion of activities is carried out through social media and PMC community groups to attract participants.

2. Implementation Stage

The activity began with an opening and remarks from the team leader and PMC representatives. Furthermore, health education was carried out on hormonal changes in menopause, followed by demonstrations and practices of acupressure therapy as a non-pharmacological treatment method. Participants were guided to try acupressure techniques independently under the guidance of health workers. In addition, interactive discussion and question-and-answer sessions were held, and educational leaflets were distributed to participants.

The event was closed with a friendly session, evaluation of participants' experiences, and the distribution of souvenirs.

3. Evaluation Stage

Evaluation was carried out by observing participants' responses during acupressure practice and discussion. Some participants showed enthusiasm in trying out the techniques taught, while others needed further guidance. The obstacle found was the limited time in the practice session, so not all participants could try acupressure optimally. In the future, follow-up practice sessions with more intensive mentoring can be suggested.

DISCUSSION

Community Service Activities (PKM) carried out at the Chiba Muslim Recitation (PMC) in Japan aim to provide education and solutions to hormonal changes experienced by menopausal women. This activity involves a multidisciplinary approach, including Health education, acupressure practice and interactive discussions.

1. Increased understanding of hormonal changes in menopause

One of the main impacts of premenopause and menopause is fluctuations in estrogen and progesterone levels, which can cause symptoms such as hot flashes, sleep disturbances, anxiety, osteoporosis and an increased risk of cardiovascular disease (Wahyuni, 2022). Based on the results of the activity, participants showed an increase in understanding of hormonal changes and how to overcome them through a non-pharmacological therapeutic approach.

According to research by Santoso et al. (2023), health education about menopause can increase women's awareness of implementing a healthy lifestyle, such as phytoestrogen consumption, regular exercise, and stress management. In this activity, peserta was also educated about foods rich in phytoestrogens, such as soybeans, which have been shown to help reduce menopausal symptoms without significant side effects (Yuliana, 2021)

2. Effectiveness of Acupressure in Reducing Menopausal Symptoms

Acupressure therapy was introduced as a non-pharmacological solution that can help reduce some of the symptoms of menopause, such as hot flashes, anxiety and sleep disturbances. In practice, participants are guided to press several acupressure points, such as:

- a. PC6 (Neiguan): helps reduce stress and anxiety
- b. SP6 (Sanyinjiao): helps balance hormones and cope with sleep disorders.

According to Chen et al. (2022), acupressure therapy can improve sleep quality and reduce the frequency of hot flashes by up to 40% in menopausal women who undergo this therapy regularly. However, in this activity, time constraints are an obstacle, so the practice cannot be carried out optimally by all participants. For the next time, you can practice further with the

guidance of health workers who can help participants better understand the correct technique and its benefits.

3. The Role of a Healthy Lifestyle in Managing Menopausal Symptoms

In addition to education and complementary therapy, this activity also emphasizes the importance of a healthy lifestyle as part of menopause management. Some of the recommendations given to the participants include:

- a. Nutritious Diet: consume foods rich in phytoestrogens, calcium and vitamin D to maintain bone density and hormonal balance (Saputra, 2022).
- b. Regular Exercise: Kegel and Yoga gymnastics are recommended to improve body flexibility and reduce stress (Oktaviani, 2024)
- c. Stress management: Relaxation techniques such as meditation and deep breathing can help reduce the discomfort that is often experienced during menopause (Sari, 2023).

A study conducted by Lee et al. (2023) shows that women who live a healthy lifestyle during menopause have a lower risk of developing osteoporosis and cardiovascular disorders than those who do not adopt a healthy lifestyle. Therefore, the implementation of a healthy lifestyle needs to continue to be promoted to premenopausal and menopausal women.

4. Constraints and suggestions for program development

Although this activity was successful in increasing participants' understanding of menopause, there were several obstacles faced:

- a. The time limit for acupressure practice is such that not all participants can try the technique optimally.
- b. Lack of practice sessions for other therapies, such as yoga and consumption of phytoestrogen-rich foods
- c. The high interest of participants in non-pharmacological therapies shows the need for further education with a more interactive approach.

Activity Documentation



Figure 1. Introduction of Supervisors and Deans of National University



Figure 2. Counseling Participants



Figure 3. Acupressure Practice and Counseling on Paps Smears and IVA Tests



Figure 4. Photo with PMC participants and administrators

No	Nama	Alamat	Tanda Tangan
1	Alia Chandra		
2	Dina Nurhidayah		
3	Alvin Nurhidayah		
4	Alvin Nurhidayah		
5	Alvin Nurhidayah		
6	Alvin Nurhidayah		
7	Alvin Nurhidayah		
8	Alvin Nurhidayah		
9	Alvin Nurhidayah		
10	Alvin Nurhidayah		
11	Alvin Nurhidayah		
12	Alvin Nurhidayah		
13	Alvin Nurhidayah		
14	Alvin Nurhidayah		
15	Alvin Nurhidayah		
16	Alvin Nurhidayah		
17	Alvin Nurhidayah		
18	Alvin Nurhidayah		
19	Alvin Nurhidayah		
20	Alvin Nurhidayah		

Figure 5. Attendee attendance list



Figure 6. Leaflets

CONCLUSION

The Community Service Program (PKM), which was implemented at the Chiba Muslim Recitation (PMC), Japan, has succeeded in providing education and solutions for premenopausal and menopausal women in addressing hormonal changes holistically. This activity includes giving health education, acupressure therapy practice, and interactive discussions aimed at increasing participants' understanding of hormonal changes and alternatives to non-pharmacological therapies. The results of the activity showed that participants experienced an increased sense of menopause, including its symptoms, impacts, and treatment methods. Acupressure as a complementary therapy was introduced

and practised by participants, although there were still limitations in mastering the technique due to limited time. In addition, education about healthy lifestyles, phytoestrogen consumption, and stress management also received positive responses from participants. Overall, a multidisciplinary approach that combines education, complementary therapies, and healthy lifestyle changes has been shown to be effective in helping women better manage menopausal symptoms. However, there are still some obstacles, such as limited practice time and the need for more interactive further education sessions. Therefore, it is recommended that more in-depth follow-up programs be developed, including more optimal practice sessions and the use of digital media as a means of continuous education. With similar programs in the future, it is hoped that more women will be able to acquire the information and skills needed to face the menopausal phase more comfortably, healthily, and with quality.

REFERENCES

- April, N., Aisyiyah, N., Siswani, S., Waluyo, A., Herlina, L., Sari, D. N., & Ekaputri, D. E. (2024). *Counseling to prepare for menopause*. 8(2), 160–169.
- Desa, D. I., Bhuwana, W., Mengwi, K., & Badung, K. (2024). *No Title*. 7, 924–933.
- Eskandari, L. (2025). *Effectiveness Of Acupuncture And Acupressure For Improving The Sleep Quality Of Menopausal Women: A Meta-Analysis*. 50(3).
<https://doi.org/10.30476/Ijms.2024.102726.3586>.Abstract
- Physical, P., Level, D. A. N., Physical, K., Nainggolan, S. S., & Iliwandi, J. (2023). *In Perimenopausal Women*
- Fujiyati, R., Arif, A., & Anggraini, A. (2023). *Premenopause Mother's Anxiety Relationship at the Talang Betutu Health Center, Palembang City in 2023*. 4(September), 4153–4161.
- Journal, C. D., Mayanti, A., Hasnah, A., Divine, N., Hijrah, N., Menopause, P., Menopause, G., Menopause, P. W., & Elderly, K. R. (2024). 1, 2, 3, 5(1), 740–744.
- Journal, C. D., Wijayanti, A., Sari, Y., Fatrin, T., Putri, V. D., Aini, A., Purwani, R., & Suryanti, Y. (2024). *Counseling to increase understanding in preparation for menopause*. 5(6), 11707–11709.
- Journal, S. B. (2022). *In some studies it has been a method by collecting and*. 1(2), 104–113.
- Najafi, T. F., Dashti, S., Pourali, L., Azizi, H., & Ganje, S. J. (2024). *Effects Of Acupuncture On Menopausal Hot Flashes And Sleep Quality In Women With Natural Menopause : A Single Arm Clinical Trial*. 12(4), 174–179. <https://doi.org/10.15296/Ijwhr.2023.45>
- Polat, F., & Karasu, F. (2022). *The Effects Of Acupressure On Menopausal Symptoms : A Randomized The Effects Of Acupressure On Menopausal Symptoms : A Randomized Controlled Study Akupresur Uygulamasının Menopozal Semptomlar Üzerine Etkisi : Randomize Kontrollü*. May. <https://doi.org/10.46648/Gnj.377>
- Tahun, N., Post, D. A. N., Di, M., Kabupaten, T., Mayasari, D., & Lestari, S. O. (2024). *Gemakes : Journal of Community Service Education and Health Examination in Premenopausal Mothers* Vol, H. (N.D.).