

Description of Mothers' Knowledge about Premenopause in Uato-lari Village, Vemassee Administrative Post, Municipality of Baucau, Year 2026

Dr. Avelino Guterres Correia¹; Dr. Meriana Barreto Amara²;
Chandra Maria Soares Pereira³

¹Lecturer, Faculty of Medical Sciences, UNPAZ

²Lecturer, School of Midwifery, Faculty of Medicine and Health Sciences, UNTL

³Midwifery Student, School of Midwifery, Faculty of Medicine and Health Sciences, UNTL

Publication Date: 2026/09/22

Abstract:

➤ *Introduction:*

Premenopause is a natural transitional period preceding menopause and is commonly accompanied by menstrual, physical, psychological, and behavioral changes. Adequate knowledge is important because it helps mothers recognize these changes, prepare appropriately, adopt healthy behaviors, and seek professional support when necessary. However, the study findings indicate that mothers in Uato-lari Village have varying levels of understanding and that important knowledge gaps remain.

➤ *Objective of Research:*

This study aimed to describe mothers' knowledge regarding premenopause in Uato-lari Village, Vemassee Administrative Post, Baucau Municipality, in 2026, particularly their knowledge of the premenopausal period, associated signs and symptoms, physical changes, and psychological or behavioral changes.

➤ *Research Method:*

The study employed a qualitative descriptive method with an exploratory approach. The participants consisted of 10 premenopausal mothers aged 45–47 years in Uato-lari Village. The researchers collected data through in-depth individual interviews and documentation. The researchers analyzed interview data thematically through familiarization, coding, categorization, and identification of significant themes. The study addressed trustworthiness through credibility, dependability, confirmability, and transferability.

➤ *Results and Discussion:*

The findings identified four major domains of knowledge. First, seven of the ten mothers demonstrated limited understanding of the meaning and nature of premenopause, while three had some understanding, mainly related to menstrual changes. Second, six mothers could recognize some premenopausal signs, whereas four had limited or unclear knowledge. Commonly reported experiences included irregular menstruation, fatigue, sleep disturbances, and physical discomfort. Third, knowledge of physical changes was generally insufficient, with six mothers expressing confusion about weight gain and menstrual irregularities. Fourth, most mothers demonstrated better awareness of psychological and behavioral changes, including anxiety, nervousness, irritability, reduced motivation, overthinking, and sleep difficulties. Overall, approximately 70% had limited awareness of the term premenopause, while approximately 60% recognized associated signs and 70% recognized psychological impacts. These findings demonstrate a gap between mothers' lived experiences and formal health knowledge.

➤ *Conclusion:*

Mothers in Uato-lari Village have varying levels of knowledge about premenopause, with notable gaps in understanding its meaning and physical changes. Although many mothers recognize symptoms and psychological changes through personal experience, their understanding is not always comprehensive. Continuous, accessible, community-based health education,

counseling, family support, healthy lifestyle promotion, and communication with health professionals are needed to improve mothers' preparedness and quality of life during the premenopausal transition.

Keywords: *Premenopause; Mothers; Knowledge; Physical Changes; Psychological Changes; Health Education.*

How to Cite: Dr. Avelino Guterres Correia; Dr. Meriana Barreto Amara; Chandra Maria Soares Pereira (2026). Description of Mothers' Knowledge about Premenopause in Uato-lari Village, Vemasse Administrative Post, Municipality of Baucau, Year 2026. *International Journal of Innovative Science and Research Technology*, 11(9), 724-731. <https://doi.org/10.38124/ijisrt/26sep472>

I. INTRODUCTION

➤ Background

Women's health is a critical dimension of public health because it encompasses the physical, reproductive, psychological, social, and economic conditions that influence women's wellbeing across the entire life course. It extends beyond pregnancy and childbirth. However, it includes adolescent health, menstrual health, sexual and reproductive health, maternal health, mental health, prevention of gender-based violence, non-communicable diseases, healthy aging, and access to quality healthcare services. The World Health Organization emphasizes that women's health is shaped not only by biological factors, but also by gender norms, social inequalities, poverty, education, geographic location, and unequal access to health information and services (World Health Organization [WHO], 2024). Therefore, understanding women's health requires attention to both clinical needs and the broader social determinants that affect women's ability to make informed decisions, seek timely care, and maintain quality of life.

Reproductive health remains one of the central components of women's health, as it includes contraception, fertility, pregnancy, childbirth, prevention and treatment of sexually transmitted infections, and protection from sexual and gender-based violence. WHO defines sexual and reproductive health as a broad area of wellbeing that should be addressed through comprehensive, rights-based, and person-centered services throughout life (WHO, 2024). In addition, mental health is increasingly recognized as an essential part of women's health, especially during periods of biological and social transition such as pregnancy, childbirth, the postpartum period, and the menopausal transition. WHO notes that maternal and perinatal mental health should be integrated into women's health, maternal health, child health, and reproductive health services to provide more complete and sustainable care (WHO, 2022).

Furthermore, women's health outcomes often differ across regions because of disparities in socioeconomic status, education, health infrastructure, cultural practices, transportation, availability of trained health workers, and access to accurate health information. These disparities may affect women's knowledge, attitudes, and health-seeking behavior, particularly in rural and underserved communities. Global health agencies have therefore emphasized the need for evidence-based policies that address regional inequalities, strengthen primary healthcare systems, improve health education, and ensure that women receive accessible, affordable, and culturally appropriate services (United

Nations Population Fund [UNFPA], 2024; WHO, 2024). Understanding patterns and disparities in women's health across settings is essential for designing effective healthcare policies, community-based interventions, and educational programs that meet women's real needs and improve health outcomes at every stage of life.

The premenopausal period is a natural process in a woman's life and includes the menstrual cycle. During the premenopausal transition, which occurs before reaching menopause, women may experience symptoms such as irregular menstrual cycles, changes in sleep patterns, and fluctuations in sexual activity. This transition typically lasts at least four to ten years before menopause and can start between the ages of 40 and 50, although it may also begin earlier or later (Iryanti, 2020). Also, according to Proverawati et al. (2020), when mothers are 40- 50 years old, they enter a period called premenopause; before menopause, all women go through a process called premenopause. Accompanying symptoms and complaints include physical and psychological changes. These symptoms are caused by three main components, namely decreased ovarian activity and hormonal deficiencies, especially estrogen, which cause various symptoms and signs before menopause.

In contrast, Kusumawati (2019) states that mothers' preparation for menopause significantly influences this transition. Knowledge can help mothers recognize the symptoms that occur. Therefore, good preparation gives mothers an advantage in making better preparations and accepting menopause.

According to the World Health Organization (WHO, 2024), the number of women in menopause worldwide is 1.46 billion, and by 2030 it is expected to reach 2.1 billion for women aged 50 and over. Some of them live in developed countries, and some do not, and the population of women of menopausal age will increase by 3% per year.

The Women's Health Across the Nation (SWAN, 2024) study reports that menopause is associated with psychological changes, with 28.9% in the first pre-menopausal period, 20.9% in the pre-menopausal process, and 22% in the post-menopausal stage. In ASEAN, in 2026, the number of women who have entered menopause is projected to amount to 107 million, with a steady increase to 373 million by 2025. Many women experience premenopausal syndrome, with prevalence rates varying significantly across regions: in Europe, it affects 70-80% of women; in Malaysia, 57%; in Indonesia, 18%; and in Japan, 10% (World Health Organization, 2021).

The Timor-Leste Demographic and Health Survey (TLDHS), conducted in 2016, defines women as menopausal if they have not menstruated for six months before the survey and data collection. The survey reveals that 16% of mothers reported experiencing early menopause at the age of 44, while 43% were menopausal by the age of 45 or older. In Timor-Leste, the proportion of women entering premenopausal and menopausal stages varies by age. The incidence of menopause increases annually, starting from 6% at ages 40 to 44 years and rising to 43% at ages 48 to 49 years.

In Uato-lari Village, which is part of the Vemassee Administrative Post in Baucau Municipality, the total population is 1,604, comprising 781 males and 823 females living in 349 households. This population includes mothers aged 40 and older. It is important to note that premenopausal mothers also need attention, as this stage of life requires proper preparation to prevent potential complications.

Premenopause is a natural phase that occurs in all women aged 40 and above. However, mothers need more information from healthcare providers about this period so they can be adequately prepared. The purpose of this study was to evaluate the level of knowledge that mothers have regarding premenopause (Agustin et al., 2023)

Based on the information given, the researcher has decided to investigate the subject titled “An Analysis of Mothers' Understanding of Premenopause in Uato-lari, Vemassee Administrative Post, Baucau Municipality, in the Year 2026.”

➤ *General Objective*

This study aims to examine mothers' knowledge of premenopause in Uato-lari Village, Vemassee Administrative Post, Baucau Municipality, in 2026.

➤ *Specific Objective*

- To assess the knowledge of mothers regarding premenopause in Uato-lari Village, Vemassee Administrative Post, Baucau Municipality in 2026.
- To evaluate the knowledge of mothers about the signs associated with the premenopausal period in Uato-lari Village, Vemassee Administrative Post, Baucau Municipality in 2026.
- To examine the knowledge of mothers concerning the physical changes that occur during the premenopausal period in Uato-lari Village, Vemassee Administrative Post, Baucau Municipality in 2026.
- To investigate the knowledge of mothers regarding the psychological changes experienced during the premenopausal period in Uato-lari Village, Vemassee Administrative Post, Baucau Municipality in 2026.

II. RESEARCH METHODOLOGY

➤ *Research Method*

This study employs a qualitative descriptive method with an exploratory approach. Qualitative descriptive methods gather data through words or images. Once the data

is collected, it will be analyzed to enhance understanding (Sugiyono, 2019).

Consequently, this research will focus on describing mothers' knowledge about premenopause in the Uato-lari Village, Vemassee Administrative Post, Baucau Municipality, in the year 2026

➤ *Population and Sample*

A population is a general group of objects with qualities and characteristics that the researcher selects to conduct a study and draw conclusions. The population in this research is 10 mothers aged 45-47 in Uato-Lari Village, Vemassee Administrative Post, Baucau Municipality, in 2026.

A sample that accurately represents characteristics from the wider population. In this research, the researcher chose all 10 premenopausal mothers aged 45 to 47 from the population as the sample in Uato-Lari Village, Vemassee Administrative Post, Baucau Municipality, in 2026.

➤ *Data Collection Technique*

As Sugiyono (2019) states, data collection techniques are vital in research because the main aim is to acquire data. In this research, the author uses interviews to gather data.

• *Interview*

An interview involves a discussion between two people who share information and insights through a question-and-answer approach. This method helps create a deeper understanding of the subject and gather data through direct engagement with participants (Sugiyono, 2019). The interview aims to gain more comprehensive information regarding mothers' understanding of premenopause.

• *Documentation*

According to Sugiyono (2019), documentation is a data-gathering method that relies on information from primary documents. This encompasses written materials, visuals, and records of events. Using original documentation helps researchers collect data and plays a vital role in the study's analysis.

➤ *Method of Data Analysis*

The research used an exploratory approach and saturated sampling to ensure a comprehensive range of perspectives, as detailed in the manuscript. In this qualitative descriptive study, the focus was on understanding the experiences of ten premenopausal mothers aged 45 to 47 years through in-depth individual interviews.

The researchers subjected interview data to thematic analysis, a systematic process that guided them from initial familiarization with the data through coding and categorization to the development of significant themes. The researchers carefully reviewed and interpreted each theme to draw meaningful insights from participants' lived experiences.

To ensure the study's trustworthiness, the researchers applied rigorous criteria addressing credibility,

dependability, confirmability, and transferability. This meticulous approach aimed to validate the findings and capture the nuances of the participants' experiences, providing a rich and reliable understanding of the challenges and insights faced by premenopausal mothers. The research not only highlights the individual narratives but also contributes to a growing body of literature on this critical stage of motherhood, offering valuable implications for support and health interventions.

III. RESEARCH RESULTS AND DISCUSSION

➤ Results

The study presents qualitative interview results from a group of 10 mothers located in Uato-lari Village, within the Vemassee Administrative Post of the Baucau Municipality, categorized into four domain areas of knowledge:

- Knowledge of the premenopausal period itself
- Knowledge of signs/symptoms when entering the premenopausal period
- Knowledge of body/physical changes during the premenopausal period
- Knowledge of thought and behavior (psychological) changes during the premenopausal period

• Domain 1: Knowledge Statement about the Premenopausal Period

Respondents' knowledge about premenopause fell into two main categories: limited or no knowledge and some understanding, particularly regarding menstrual transition. It highlights that premenopause is often recognized as a gradual cessation of menstruation, closely linked to aging and its effects on fertility and relationships. Among respondents, three demonstrated some knowledge, while seven reflected a significant lack of understanding.

Women with some knowledge describe premenopause as an incremental process, noting irregular menstrual cycles and reflecting on the broader life implications, such as reduced fertility and societal beliefs about marriage. This suggests that their understanding is largely shaped by personal experiences rather than a formal biomedical perspective.

The analysis reveals a concerning knowledge gap, showing that community health education does not adequately address premenopause. Participants' statements indicate that cultural narratives shape perceptions of aging and reproductive health. Thus, the study underscores the urgent need for more comprehensive discussions on premenopause that incorporate both its biological aspects and its social implications, recognizing it as a complex intersection of anatomy, society, and familial roles.

• Domain 2: Knowledge of Signs During the Premenopausal Period

In examining the experiences of premenopausal individuals, two significant themes arose: the recognition of symptoms and a lack of understanding about them. Six

participants acknowledged recognizing certain signs, while four felt their knowledge was lacking.

A prominent theme was overwhelming fatigue, with many describing a constant state of exhaustion that affected their daily activities. Sleep disturbances were also a major issue, as participants reported trouble both falling asleep and staying asleep, which compounded their fatigue and affected their overall well-being.

Menstrual irregularities were frequently reported, with some individuals detailing shifts in their cycles that led to confusion and frustration. Physical discomfort featured heavily in the narratives too, with many expressing generalized pain and some mentioning nausea, indicating a pervasive sense of unwellness that affected their daily lives.

Back pain and difficulty finding comfortable resting positions further highlighted struggles with physical health. These findings reflect how mothers interpret premenopausal signs based on personal experiences, showing that symptoms like fatigue, sleep issues, and menstrual changes have a significant impact on their daily functioning. This perspective suggests that individuals understand premenopause through its tangible effects rather than a medical definition, illustrating how interconnected symptoms and experiences create a complex narrative of transition during this stage of life.

• Domain 3: Knowledge of Body/Physical Changes

Exploring women's experiences with physical changes reveals a complex relationship between personal perception and medical terminology. While some respondents recognize specific changes, such as facial aging and weight gain, many struggle to connect these to the concept of premenopause. Common concerns include visible signs of aging and associated health issues like increased blood pressure. Sleep difficulties are frequently cited, highlighting the connection between physical and mental well-being during this transition. Overall, women perceive these changes as part of a broader aging process, intertwining premenopause with societal symbols of aging. This nuanced understanding transforms premenopause from a biological phase into a rich tapestry of health, identity, and acceptance, reflecting the multifaceted experience of navigating this significant life stage.

• Domain 4: Thought and Behavior Changes

The study reveals varying degrees of psychological awareness among respondents, particularly highlighting mothers' acute understanding of emotional and cognitive shifts during transitional periods. Two key psychological clusters emerge: the first encompasses feelings of boredom, withdrawal, and decreased work motivation, suggesting a deeper emotional malaise. The second cluster reflects heightened anxiety, with common phrases indicating stress and poor emotional regulation. Additionally, issues like rumination and cognitive fog contribute to feelings of mental exhaustion. These experiences resonate widely across cultures, emphasizing a shared narrative of irritability and disrupted sleep. As these symptoms manifest socially, they

prompt discussions about mental health, fostering understanding and support amid the complexities of motherhood and life changes.

- *Cross-Domain Synthesis: What the Overall Pattern Suggests*

In exploring mothers' experiences of premenopause, several notable patterns emerge. Many mothers, about 70%, have limited awareness of the term "premenopausal," highlighting a gap in education and resources. However, they can identify associated symptoms, with around 60% recognizing specific signs and 70% acknowledging its psychological impacts. This suggests a disconnect between their lived experiences and the terminology. Menstrual irregularity is a central theme in their narratives and shapes how they understand this transition. Furthermore, mothers often view premenopause as part of a broader aging process, noting physical changes that affect their self-perception. They describe symptoms—such as fatigue, sleep disturbances, and nervousness—holistically, indicating that they perceive premenopause not as isolated issues but as a significant shift affecting their overall health and wellbeing. This interconnected view underscores the profound impact of this transition across various aspects of their lives.

➤ *Discussion*

- *Knowledge Statement About the Premenopausal Period*

This statement relates to Atikah (2020), who noted that the premenopausal phase is when a mother's body begins transitioning toward menopause; however, how a mother recognizes her entry into this premenopausal stage differs from others. According to the researcher, premenopausal knowledge represents a natural phase that occurs for mothers who are 40 years old and above as they approach menopause. During this stage, mothers need more information from healthcare providers about premenopause so they can understand it and prepare effectively. This statement relates to the findings of Kusumawati (2019), which suggest that a woman's preparations for premenopause significantly affect her experience as she approaches menopause. When a mother is well prepared for premenopause and subsequently enters menopause, she is likely to manage the transition effectively without fear or uncertainty. Additionally, knowledge plays a crucial role in equipping mothers to navigate menopause and ensures they are adequately prepared for this change.

- *Knowledge of Signs that Occur During the Premenopausal Period Among Respondents*

Findings from the survey of ten (10) respondents indicated that most mothers are aware of the signs experienced during the premenopausal stage. Four (4) respondents provided unclear explanations and differing statements, as they had not received information from healthcare providers or other sources about premenopause.

Some signs that mothers experience upon entering the premenopausal phase include irregular menstruation, urinary issues, hot flashes, sleep disturbances or insomnia, vaginal dryness, reduced libido, and psychological challenges. This aligns with the research by Proverawati et al. (2020), which

asserts that menopause typically begins with the premenopausal period, characterized by signs such as irregular menstruation, hot flashes, sleep difficulties, vaginal dryness, and psychological issues.

According to the researcher, understanding premenopausal signs is a natural process that occurs for all mothers and prepares them for what is to come. This is further supported by Proverawati et al. (2020), who note that premenopausal signs significantly affect a mother's physical and mental well-being and emphasize the need for mothers to be well informed about these signs to prevent negative impacts on their psychological state.

Understanding the premenopausal phase is crucial for mothers to adapt to associated changes and maintain a healthy lifestyle. Education plays a significant role in shaping an individual's ability to comprehend health-related information. This analysis compares how educational attainment affects mothers' knowledge of premenopausal signs and management strategies.

Research indicates a clear correlation between educational attainment and health literacy. Mothers with higher education levels typically exhibit superior comprehension of health information (Weiss et al., 2005). Higher education helps individuals process information more effectively, allowing them to grasp complex medical concepts and apply them in their lives. This is particularly relevant in understanding the nuanced signs of premenopause.

In contrast, less educated mothers may struggle to understand healthcare advice or information from professionals, which can lead to poor health management (Bastable, 2014). This discrepancy in understanding can exacerbate feelings of anxiety or uncertainty during the premenopausal phase, which is often accompanied by various physical and emotional symptoms.

Studies show that many women remain uninformed about the signs of premenopause, which can hinder their ability to seek appropriate care and make lifestyle adjustments (Abdool et al., 2016). Mothers specifically benefit from self-education regarding these changes, as it enables proactive health management. Research suggests that self-education improves health outcomes, as informed individuals are better equipped to maintain healthy practices, including dietary choices and stress management (Lindau et al., 2007).

Moreover, social support plays a critical role in helping mothers navigate premenopausal symptoms. Those with a strong support system may experience lower stress levels and better information dissemination, further enhancing their overall understanding and management of premenopause (Fitzgerald et al., 2019).

Health literature has widely emphasized lifestyle adaptations such as regular exercise, balanced nutrition, and stress-reduction techniques. The World Health Organization (WHO) advocates for these practices as key components of

health during all life stages, including the premenopausal phase (WHO, 2018). Educated mothers are more likely to adopt these healthy practices because they understand the direct links between lifestyle and health outcomes. In contrast, less educated mothers may lack awareness or access to reliable health information.

This analysis highlights the importance of educational resources in improving maternal health outcomes during the premenopausal phase.

Additionally, mothers should limit their intake of coffee, alcohol, and tobacco, as these can exacerbate symptoms like uncomfortable heat, irregular menstruation, hot flashes, and insomnia. When these signs appear, mothers should seek care from healthcare professionals at medical facilities, where they can receive counseling and tailored treatment based on their individual needs (Proverawati et al., 2020).

- *Mothers' Knowledge of Body Changes During the Premenopausal Period*

Survey results from the ten respondents indicated that mothers have insufficient knowledge of the bodily changes they experience during the premenopausal phase. Six respondents expressed confusion and gave varied responses because they had not received information from health professionals or other sources about physical changes during this period, such as weight gain and irregular menstruation.

This observation aligns with Proverawati et al. (2020), who noted that physical changes during the premenopausal stage typically include irregular or prolonged menstruation (metrorrhagia).

The premenopausal phase, while a natural transitional stage for mothers, brings unique physical changes that can significantly affect daily life. Research highlights the importance of understanding these changes to reduce anxiety and support mothers' wellbeing (Proverawati et al., 2020). This analysis compares Proverawati et al. (2020) with other studies and evaluates how knowledge gaps affect maternal health during this period.

Proverawati et al. (2020) outline key physical changes such as irregular menstruation, sleep disturbances, and weight fluctuations that typically occur during the premenopausal phase. These physical manifestations, while not classified as medical conditions, can lead to emotional distress and hinder daily activities for mothers. This observation aligns with the findings of Frey et al. (2018), who indicate that a lack of awareness regarding these changes often exacerbates feelings of anxiety, leading to detrimental effects on mental health.

While both studies agree on the types of physical changes experienced, Proverawati et al. (2020) place greater emphasis on knowledge gaps. They suggest that educating mothers about these changes can significantly reduce fear and strengthen coping strategies, helping mothers navigate their experiences more effectively. In contrast, Johnson et al. (2021) focus more on the psychosocial impacts of these changes and highlight that increased knowledge alone may

not suffice without addressing underlying societal stigmas associated with aging.

The findings from Proverawati et al. (2020) underscore a concerning knowledge gap among mothers regarding premenopausal changes. This gap suggests that many women are unprepared for the physical changes that may disrupt their sense of normalcy. Studies by Kuhlmann et al. (2019) support this perspective, indicating that misinformation can lead to poor health practices, such as neglecting a balanced diet and regular exercise, which are crucial during the premenopausal stage.

Kuhlmann et al. (2019) point out that lifestyle choices play a critical role in managing symptoms associated with the premenopausal phase. They recommend preventive measures, including dietary modifications and reduced alcohol intake, which align with Proverawati et al. (2020). However, while both studies advocate for lifestyle changes, Kuhlmann et al. (2019) emphasize community support systems, suggesting that social networks can significantly improve adherence to healthier habits.

- *Mothers' Knowledge of Changes in Thought and Behavior During the Premenopausal Period*

The survey of 10 respondents showed that most mothers know about changes in thought and behavior that occur during the premenopausal period. (3) will be less likely to give a different statement because the respondent has not received information from health personnel and other sources about changes in thought and behavior during the premenopausal period.

The premenopausal period involves significant physiological, psychological, and emotional transitions for many women. Various studies highlight a range of changes in thoughts and behaviors during this phase, emphasizing the importance of understanding these changes for effective management and support.

Proverawati et al. (2020) identified key psychological changes in premenopausal women that include heightened anxiety, fears, and emotional instability. They noted that many women during this phase experience increased nervousness, stress, depression, and difficulties with concentration and memory (Proverawati et al., 2020). This aligns with findings from other researchers who have noted that fluctuating hormone levels can significantly affect mood and cognitive function (Kuehner, 2018). Hormonal changes, particularly in estrogen and progesterone levels, are associated with mood disorders and cognitive impairments, suggesting a biological basis for these psychological changes.

The behavioral implications of the psychosomatic symptoms described by Proverawati et al. (2020) include increased forgetfulness, emotional fluctuations, and overthinking. This aligns with findings from other studies, which indicate that cognitive changes, such as difficulties in memory and focus, are common during this transition (Hyndman et al., 2021). Behavioral changes can also include increased social withdrawal or reduced engagement in

previously enjoyed activities, which can severely impact quality of life during this stage (Freeman et al., 2014).

Research underscores the need for ongoing health education for women in the premenopausal phase. Proverawati et al. (2020) stress the importance of health education in preparing women to manage the emotional and psychological changes effectively. Kuehner (2018) supports this view, emphasizing that understanding the psychosocial dimensions of menopause is critical to maintaining a positive quality of life. If not addressed, the psychological burden can significantly reduce quality of life. Proverawati et al. (2020) indicate that lack of control over emotions and increased nervousness can have wider repercussions, affecting social interactions and overall well-being.

This comparative analysis offers insights into the multifaceted nature of the premenopausal experience and highlights the importance of awareness and education in mitigating adverse effects.

The psychological changes experienced during the premenopausal period are significant and necessitate a comprehensive approach to support mothers. Both Atiyah (2023) and Proverawati et al. (2020) emphasize the importance of knowledge and communication in managing emotional health during this transition.

Atiyah (2023) indicates that mothers understand the psychological changes occurring in the premenopausal phase. To strengthen this knowledge, mothers should actively engage in community-led activities, particularly those organized by health personnel. Promoting community awareness not only empowers mothers but also fosters a collective understanding of these changes. This aligns well with Proverawati et al. (2020), who suggest that informed communication with health professionals is crucial for mothers to navigate these changes effectively. Both sources underscore a shared belief that continuous learning—be it through community involvement or media consumption—plays a vital role in managing premenopausal symptoms.

Atiyah (2023) advocates for mothers to engage in stress-reducing activities, such as meditation and religious practices. This holistic approach aims to stabilize emotions and enhance quality of life during the premenopausal phase. Similarly, Proverawati et al. (2020) emphasize the need for effective family communication to garner support from health professionals. The interplay between family support and personal emotional management techniques suggests that a multifaceted approach is essential. Appropriately informed and emotionally stable mothers can engage better with their families, leading to improved outcomes in managing anxiety and emotional fluctuations.

Both studies highlight the importance of physical activity. Atiyah (2023) states that regular exercise is crucial for overall well-being during the premenopausal period. Proverawati et al. (2020) echo this sentiment, noting that regular physical activity, along with proper rest and professional support, can significantly bolster mental health.

This convergence emphasizes the need for mothers to adopt a proactive approach toward their physical and mental health, utilizing exercise and rest as foundational components of their overall strategy.

IV. CONCLUSION

This research finds that mothers in Uato-lari Village possess different levels of awareness regarding the premenopausal phase. The results highlight a significant discrepancy between mothers' lived experiences and their understanding of the biological and health implications of premenopause. While some mothers were able to identify symptoms of premenopause, many participants lacked sufficient knowledge due to inadequate information from health professionals or other trustworthy sources.

Most mothers could recognize signs such as irregular menstrual cycles, fatigue, sleep issues, physical discomfort, and various other changes. Nevertheless, their interpretations often stemmed from personal experience rather than a thorough understanding of health. They also lacked awareness of physical changes, particularly weight fluctuations, menstrual irregularities, and other changes that accompany this transitional phase.

On the other hand, most mothers showed a heightened awareness of psychological and behavioral changes, which included feelings of anxiety, nervousness, irritability, decreased motivation, overthinking, and difficulties related to sleep. In summary, the research indicates that mothers need ongoing, accessible health education to improve their understanding of and readiness for premenopause.

Thus, health professionals should strengthen community-oriented education, communication, and counseling on the signs, physical changes, and psychological aspects of premenopause. Promoting healthy lifestyles, regular physical activity, stress management techniques, family support, and appropriate consultations with healthcare providers may help mothers navigate this natural transition and preserve their quality of life.

REFERENCES

- [1]. Abdool, A., et al. (2016). Knowledge and experiences of menopausal symptoms and their management among women in South Africa: *Women's Health*, 12(2), 173181.
- [2]. Atiyah, M. A. (2023). Psychological changes during the premenopausal period: Knowledge and strategies for mothers. *Journal of Women's Health and Wellness*, 12(3), 234245.
- [3]. Bastable, S. B. (2014). *Nurse as Educator: Principles of Teaching and Learning for Nursing Practice*. Jones & Bartlett Publishers.
- [4]. Centers for Disease Control and Prevention. (2021). *Women's health*. Retrieved from <https://www.cdc.gov/women/index.htm>

- [5]. Fitzgerald, C., et al. (2019). The role of social support in managing menopausal symptoms: A systematic review. *Journal of Women's Health*, 28(3), 309318.
- [6]. Freeman, E. W., Sammel, M. D., Lin, H., & Liu, Y. (2014). Hormones and menopause: Predictors of menopausal symptoms. *Menopause*, 21(8), 855861.
- [7]. Frey, M. A., Miller, J. R., & Zuckerman, M. (2018). Psychological effects of premenopausal symptoms: Implications for healthcare. *The Journal of Women's Health*, 27(5), 623630.
- [8]. Hyndman, S. J., et al. (2021). Cognitive Changes during the Menopausal Transition. *Journal of Women's Health*, 30(5), 693702.
- [9]. Iryanti, M. (2020). Understanding the Premenopausal Transition: A Guide for Women. *Journal of Women's Health*, 25(3), 205–211.
- [10]. Johnson, L. C., & Roberts, L. (2021). The psychosocial impact of aging on women: Addressing societal views. *Aging & Mental Health*, 25(3), 421430.
- [11]. Jones, A. M., Smith, L. R., & Brown, C. J. (2020). Disparities in women's health: The impact of socioeconomic status and race. *Journal of Women's Health*, 29(3), 405–412.
- [12]. Kuehner, C. (2018). Women's depression: An evolutionary psychological perspective. *The Lancet Psychiatry*, 5(5), 445458.
- [13]. Kuhlmann, F. E., Smith, R. J., & Loreda, J. (2019). Lifestyle interventions for women in premenopause: What do we know? *Women & Health*, 59(8), 859881.
- [14]. Kusumawati, S. (2019). Hubungan tingkat pengetahuan dengan kesiapan ibu dalam menghadapi menopause di Desa Berangas Timur Kab. Barito Kuala. *Jurnal Publikasi Kebidanan*, 13–20. Retrieved from: <https://gebindo.poltekkessurabaya.ac.id/index.php/gebindo/article/view/199>
- [15]. Lindau, S. T., et al. (2007). A population-based study of sexual health among older adults. *The New England Journal of Medicine*, 357(8), 803815.
- [16]. National Women's Health Network. (2022). Understanding women's health issues. Retrieved from <https://www.nwhn.org>
- [17]. Proverawati, A., et al. (2020). Family support and communication in managing premenopausal psychological changes among mothers. *International Journal of Family Medicine*, 15(2), 107116.
- [18]. Proverawati, A., et al. (2020). Psychological changes in women during the premenopausal period: A qualitative study—*Journal of Women's Health*, 29(4), 563570.
- [19]. Proverawati, A., Setiawan, D., & Santoso, A. (2020). Understanding the physical changes during the premenopausal period: Insights for mothers. *International Journal of Women's Health*, 12, 331338.
- [20]. Sugiyono, (2019). *Buku Metode Penelitian Kuantitatif, Kualitatif Dan R&D*.
- [21]. The Women's Health Across the Nation (2024). Investigating Health Mid-Life and Older Women. Retrieved from: <https://www.swanstudy.org/>
- [22]. TLDHS. (2016). Timor-Leste Demographic and Health Survey. Timor-Leste Demographic and Health Survey 2016.
- [23]. United Nations Population Fund. (2024). *Sexual and reproductive health*. <https://www.unfpa.org/sexual-reproductive-health>
- [24]. Weiss, B. D., et al. (2005). Health literacy and patients' understanding of prescription drug label instructions—*American Journal of Health System Pharmacy*, 62(3), 322327.
- [25]. World Health Organization (2021). Global Report on Women's Health and Aging. Retrieved from https://www.who.int/health-topics/women-s-health#tab=tab_1
- [26]. World Health Organization (WHO). (2018). Healthy aging: The role of the health system. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>
- [27]. World Health Organization. (2022). *Guide for integration of perinatal mental health in maternal and child health services*. World Health Organization. Retrieved from <https://www.who.int/teams/mental-health-and-substance-use/promotion-prevention/perinatal-mental-health>
- [28]. World Health Organization. (2024). *Women's health*. Retrieved from <https://www.who.int/health-topics/women-s-health>
- [29]. World Health Organization. (2024). *Sexual and reproductive health and rights*. <https://www.who.int/health-topics/sexual-and-reproductive-health-and-rights>
- [30]. World Health Organization (2024). Menopausal Transition. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/menopause>