

ABSTRACT
THE EFFECT OF LECTURE AND BRAINSTORMING ON ANXIETY
LEVEL IN PRE MENOPAUSE WOMAN AT SUB-DISTRICT
TEGALBANG

Quassy Experimental Study

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Pre menopause is a stage of the woman's reproductive life. Women entering this stage will experience physical and psychological problem. If the problems was not handled properly can cause anxiety. 77% from 48 respondent pre menopause woman in Sub-District Tegalbang having medium anxiety. Most of anxiety case was caused by their lack of knowladge about menopause and premenopause stage. Lecture and brainstorming were expected to decrease their anxiety so it can increase their life quality.

This research was quasy experiment with Pre-Post Test Non Randomized Control Group design. It has 326 population with one control group and one treatment group using purposive sampling and got 48 respondent. The independent variable in this research were lecture and brainstorming and the dependent variable was anxiety level of premenopause woman in Sub-District Tegalbang. Data collection by using HARS (Hamilton Anxiety Rating Scale). The analysis was using Wilcoxon Signed Rank Test with significant level $\alpha < 0,05$ and Man Whitney Test with significant level $\alpha < 0,05$

The result showed significant effect between lecture and brainstorming method and level of anxiety of premenopause women's in Sub Distric Tegalbang ($p=0,003$). The conclusion, Lecture and brainstorming have an effect on the level of anxiety of premenopause woman in Sub Distric Tegalbang

Keyword : lecture and brainstorming, Premenopause, Anxiety