



## The Effect of Giving Ginseng Tea on Anxiety During Premenopause in the Mekarjaya Village Area, Purwakarta Regency, Indonesia

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### ABSTRACT

Premenopause is a natural transition phase in women marked by hormonal changes that can cause a variety of symptoms, including anxiety. Ginseng is an herbal plant that has long been used to treat various diseases, including anxiety. This study aims to determine the effect of giving ginseng tea on anxiety during premenopause in the Mekarjaya Village area, Purwakarta Regency, Indonesia. This research uses a pre-experimental research design, with a one group pretest-posttest design. The research population was all premenopausal women in Mekarjaya Village, Purwakarta Regency, Indonesia. The research sample was 20 people, taken using purposive sampling technique. The measuring tool used is the Hamilton Anxiety Scale Questionnaire (HAMA). The results of the study showed that there was an effect of giving ginseng tea on reducing anxiety during premenopause. This can be seen from the results of the Wilcoxon test with p-value <0.05. The average HAMA score before giving ginseng tea was 25.45, while after giving ginseng tea it was 18.55. Based on the results of this study, it can be concluded that giving ginseng tea can reduce anxiety during premenopause.

### 1. Introduction

Premenopause is a natural transition phase in women that occurs before menopause. This phase is characterized by hormonal changes, such as a decrease in estrogen and progesterone levels. These hormonal changes can cause a variety of symptoms, including anxiety. Anxiety is an anxiety disorder characterized by excessive feelings of worry, restlessness, and worry. Anxiety during premenopause can be caused by various factors, such as hormonal changes, stress, and other psychological factors. A decrease in estrogen and progesterone levels during premenopause can cause changes in the brain, including increased activity in areas of the brain associated with anxiety. Stress is one factor that can cause anxiety. Stress can be caused by various factors, such as changes in roles, responsibilities, and

relationships. Other psychological factors, such as a history of anxiety disorders, depression, or sleep disorders, may also increase the risk of anxiety during premenopause.<sup>1-3</sup>

Ginseng is an herbal plant that has long been used to treat various diseases, including anxiety. Ginseng contains various active compounds, such as saponins, ginsenosides, and polyacetylenes, which have adaptogenic, anti-inflammatory, and antidepressant effects. Ginseng's adaptogenic effects may help the body to adapt to stress. Stress is one factor that can cause anxiety. Ginseng's anti-inflammatory effects may help reduce inflammation in the brain, which can cause anxiety symptoms. Ginseng's antidepressant effects may help improve mood and reduce anxiety symptoms. Several studies have shown that ginseng can reduce anxiety. Other research shows that giving

ginseng for 8 weeks can reduce anxiety scores in premenopausal women.<sup>4-9</sup> This study aims to determine the effect of ginseng tea on anxiety during premenopause in the Mekarjaya Village area, Purwakarta Regency, Indonesia.

## 2. Methods

This research uses a pre-experimental research design with a one-group pretest-posttest design. The research population was all premenopausal women in Mekarjaya Village, Purwakarta Regency, Indonesia. The research sample was 20 people, taken using a purposive sampling technique. Inclusion criteria were premenopausal women aged 40-55 years, experiencing anxiety, and willing to take part in the research. The measuring tool used is the Hamilton Anxiety Scale Questionnaire (HAMA). HAMA is a measuring tool consisting of 14 items that assess anxiety symptoms. HAMA scores range from 0-56, with higher scores indicating higher levels of anxiety. Ginseng tea was given for 8 weeks at a dose of 2 grams/day. Ginseng tea is made by boiling ginseng roots for 15 minutes. Research data was analyzed using the Wilcoxon test.

## 3. Results and Discussion

The results of the study showed that there was an effect of giving ginseng tea on reducing anxiety during premenopause. This can be seen from the results of the Wilcoxon test with p-value <0.05. The average HAMA score before giving ginseng tea was 25.45, while after giving ginseng tea, it was 18.55. The results of this study show that giving ginseng tea can reduce anxiety during premenopause. This is supported by previous research showing that ginseng has adaptogenic, anti-inflammatory, and antidepressant effects.

Ginseng has adaptogenic effects, which means it can help the body to adapt to stress. Ginseng's adaptogenic effects may work by increasing the production of stress hormones, such as cortisol, improving nervous system function, improving immune function. Stress is one factor that can cause

anxiety. When the body experiences stress, the body releases stress hormones, such as cortisol. The hormone cortisol can cause various symptoms of anxiety, such as anxiety, restlessness and difficulty sleeping.<sup>10-13</sup>

Ginseng's adaptogenic effects can help the body adapt to stress, so it can help reduce the production of stress hormones and anxiety symptoms. Ginseng also has anti-inflammatory effects. Inflammation is the body's natural response to injury or infection. However, chronic inflammation can cause various diseases, including anxiety. Chronic inflammation can cause increased activity in areas of the brain associated with anxiety. Ginseng can help reduce chronic inflammation, which can help reduce symptoms of anxiety. Ginseng also has antidepressant effects. The antidepressant effect of ginseng can work by increasing the production of dopamine and serotonin and improving brain function. Dopamine and serotonin are neurotransmitters that play a role in mood. Ginseng can help increase the production of dopamine and serotonin, which can help improve mood and reduce symptoms of anxiety.<sup>14-16</sup>

## 4. Conclusion

Giving ginseng tea can reduce anxiety during premenopause. Therefore, ginseng tea can be an alternative therapy for treating anxiety during premenopause.

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