

ABSTRAK

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HUBUNGAN PENGETAHUAN DAN SIKAP WANITA MENOPAUSE DENGAN GEJALA MENOPAUSE

xvi + 71 Halaman + 13 Lampiran

Menopause adalah kondisi di mana wanita tidak lagi mengalami siklus menstruasi, berlangsung antara usia 45 hingga 55 tahun. Periode ini dianggap rumit bagi wanita karena mengalami perubahan fisik yang berdampak pada kesehatan mentalnya. Keluhan yang muncul membuat kualitas hidup berkurang. Maksud untuk memahami kaitan antara pengetahuan dan sikap wanita menopause terhadap gejala menopause.

Penelitian ini menerapkan desain kuantitatif melalui pendekatan cross-sectional. Sampel terdiri dari 75 wanita menopause yang diambil menggunakan teknik pengambilan sampel acak sederhana. Data diperoleh melalui kuesioner terstruktur dan dianalisis dengan uji chi-Square.

Hasil penelitian menunjukkan bahwa mayoritas wanita menopause memiliki pemahaman yang memadai dan sikap yang cukup mengenai gejala menopause, dan sebagian besar mengalami gejala menopause yang ringan. Ada keterkaitan yang signifikan antara pengetahuan ($p=0,000$) serta sikap ($p=0,000$) perempuan menopause dan gejala menopause.

Tingginya pengetahuan berdampak positif pada sikap wanita menopause dalam menerima gejala yang muncul selama menopause. Penelitian ini menunjukkan adanya hubungan antara pengetahuan dan sikap perempuan menopause terhadap gejala menopause. Diperlukan upaya peningkatan edukasi dan motivasi melalui penyuluhan kesehatan yang berkesinambungan untuk meningkatkan kesadaran wanita menopause akan pentingnya persiapan diri menjelang menopause.

Kata kunci: pengetahuan, sikap, wanita, gejala menopause

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ABSTRACT

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*RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE OF MENOPAUSE
WOMEN WITH MENOPAUSE SYMPTOMS*

xvi + 71 Pages + 13 Attachments

Menopause is a phase when women cease to have menstruation, typically occurring between the ages of 45 and 55. This time is viewed as challenging for women as they go through alterations in physical health that influence their mental well-being. Issues that arise lead to a decline in quality of life. The goal is to establish the connection between the understanding and perceptions of menopausal women and menopausal symptoms.

This research approach employs a quantitative design featuring a cross-sectional method. The participants included 75 menopausal women chosen using a straightforward random sampling method. Data were gathered via a structured questionnaire and examined using the chi-square test.

The findings indicated that the majority of menopausal women possessed adequate knowledge and positive attitudes regarding menopausal symptoms, and most experienced mild symptoms of menopause. A notable connection exists between the understanding ($p = 0.000$) and perceptions ($p = 0.000$) of menopausal women regarding menopausal symptoms. The greater the knowledge, the more favorable the attitude of menopausal women towards accepting all the symptoms that may occur during menopause.

This research identified a connection between the understanding and perceptions of menopausal women regarding menopausal symptoms. Recommendations are essential for enhancing education and motivation through continuous health counseling to raise awareness among menopausal women about the significance of self-preparation for menopause.

Keywords: knowledge, attitudes, women, menopausal symptoms

References : 15 Book (2025-2024)