

## ABSTRAK

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### HUBUNGAN KUNJUNGAN POSYANDU LANSIA DENGAN AKTIVITAS FISIK IBU MENOPAUSE DI PUSKESMAS KEDUNGORO KOTA SURABAYA

Fase pada kehidupan wanita yang alami dengan perubahan fisik dan emosional akibat penurunan hormon estrogen, menyebabkan gejala seperti *hot flashes*, perubahan mood, dan gangguan tidur adalah menopause, salah satu upayanya adalah dengan aktivitas fisik dan pembentukan posyandu lansia yang didalamnya terdapat ibu menopause, memiliki peran yang penting yaitu meningkatkan kesejahteraan lansia dan menjaga kesehatan melalui layanan kesehatan yang komprehensif, termasuk pemeriksaan kesehatan rutin. Penelitian ini bertujuan untuk mengidentifikasi hubungan kunjungan posyandu lansia dengan aktivitas fisik ibu menopause di Puskesmas Kedungoro Kota Surabaya.

Penelitian ini menggunakan metode bersifat kuantitatif dengan pendekatan *cross sectional*. Populasi ibu menopause 91 orang dan besar sampel 75 orang dengan teknik *random sampling*, menggunakan kuisioner *IPAQ (International Physical Activity Questionnaire)* untuk pengumpulan data, analisis data penelitian ini menggunakan uji *Chi-Square*.

Hasil penelitian ini menunjukkan sebagian besar ibu menopause (53,3 %) rutin melakukan kunjungan posyandu lansia memiliki kemampuan aktivitas fisik yang baik, dan yang tidak rutin sebagian kecil (7,19%) memiliki kemampuan aktivitas fisik buruk. Berdasarkan hasil uji *Uji Chi-Square* menunjukkan bahwa nilai *p value* = 0,001 ( $\alpha < 0,05$ ),  $H_0$  (ditolak) dan  $H_1$  (diterima) yang berarti bahwa terdapat hubungan yang signifikan antara kunjungan posyandu lansia dengan aktivitas fisik ibu menopause di Puskesmas Kedungoro Kota Surabaya.

Kesimpulan ada hubungan antara kunjungan posyandu lansia dengan aktivitas fisik ibu menopause di Puskesmas Kedungoro. Disarankan adanya upaya promotif dan preventif berkelanjutan terkait kepatuhan kunjungan posyandu lansia dan aktivitas fisik ibu menopause, serta dapat mempertahankan kegiatan posyandu lansia agar tetap berjalan dengan baik karena kegiatan posyandu lansia memiliki banyak manfaat bagi ibu menopause dalam menjalani aktivitas sehari-hari.

**Kata Kunci : Kunjungan, Aktivitas Fisik, Menopause**

## **ABSTRACT**

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### **RELATIONSHIP BETWEEN POSYANDU VISIT COMPLIANCE FOR THE ELDERLY AND PHYSICAL ACTIVITY OF MENOPAUSE MOTHERS AT KEDUNGDORO COMMUNITY HEALTH CENTER SURABAYA CITY**

*The phase in a woman's life that is characterized by physical and emotional changes due to a decrease in the hormone estrogen, causing symptoms such as hot flashes, mood swings, and sleep disturbances is menopause, one of the efforts is through physical activity and the establishment of elderly health posts that include menopausal mothers. Posyandu Lansia has an important role in maintaining health and improving the welfare of the elderly through comprehensive health services, including routine health checks.. This study aims to identify the relationship between compliance with elderly health post visits and physical activity of menopausal mothers at the Kedungdoro Health Center, Surabaya City.*

*This study uses a quantitative method with a cross-sectional approach. The population of menopausal mothers is 91 people and the sample size is 75 people with random sampling techniques, using the IPAQ (International Physical Activity Questionnaire) questionnaire for data collection, data analysis of this study uses the Chi-Square test.*

*The results of the study showed that most menopausal mothers (53.3%) routinely visited the elderly posyandu and had good physical activity abilities, and those who were not routinely a small portion (7.19%) had poor physical activity abilities. Based on the results of the Chi-Square Test, it showed that the  $p$  value = 0.001 ( $\alpha < 0.05$ ),  $H_0$  (rejected) and  $H_1$  (accepted) which means that there is a significant relationship between compliance with elderly posyandu visits and physical activity of menopausal mothers at the Kedungdoro Health Center, Surabaya City.*

*Conclusion: There is a relationship between compliance with elderly posyandu visits and physical activity of menopausal mothers at Kedungdoro Health Center. It is recommended that there be ongoing promotive and preventive efforts related to compliance with elderly posyandu visits and physical activity of menopausal mothers, and can maintain elderly posyandu activities so that they continue to run well because elderly posyandu activities have many benefits for menopausal mothers in carrying out daily activities.*

**Keywords:** *With Visits, Physical Activity, Menopause*