

ABSTRAK

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EFEKTIVITAS EDUKASI BERBASIS LEMBAR BALIK DAN LEAFLET TERHADAP PENGETAHUAN TENTANG MENOPAUSE DI PUSKESMAS SAWAH PULO

1x + 87 halaman + 8 tabel + 15 lampiran

Salah satu proses fisiologis yang terjadi dalam siklus daur hidup wanita adalah fase menopause dimana ditandai dengan berhentinya menstruasi permanen akibat disfungsi ovarium. Biasanya disertai dengan kondisi fisiologis dan psikologis yang berubah sehingga mempengaruhi kualitas hidup wanita tersebut. Pengetahuan yang kurang dapat menyebabkan kecemasan wanita dalam mengatasi masa premenopause dalam mengatasi perubahan tersebut. Dalam mengatasi kondisi tersebut penting diberikan edukasi kesehatan melalui media pembelajaran yang tepat. Maka dilakukan penelitian ini yang bertujuan untuk menganalisis efektivitas edukasi berbasis lembar balik dan leaflet terhadap pengetahuan tentang menopause pada wanita pramenopause di Puskesmas Sawah Pulo Surabaya.

Jenis penelitian ini adalah kuantitatif dengan desain pra-eksperimen *two group pretest-posttest design*. Sampel berjumlah 56 wanita pramenopause yang dibagi menjadi 28 orang dalam kelompok edukasi lembar balik dan 28 orang dalam kelompok edukasi leaflet. Instrumen yang digunakan adalah kuesioner pengetahuan. Analisis data dilakukan menggunakan *uji Wilcoxon Signed Rank Test* untuk mengetahui efektivitas media edukasi dan *uji Mann-Whitney* untuk mengetahui perbedaan efektivitas kedua media.

Hasil penelitian menunjukkan setelah diberikan edukasi menggunakan lembar balik seluruh responden berpengetahuan baik, sedangkan pada kelompok leaflet hampir seluruh responden berpengetahuan baik. Hasil *uji Wilcoxon* menunjukkan nilai $p\text{-value } 0,000 < 0,05$ pada kedua kelompok yang berarti edukasi berbasis lembar balik dan leaflet efektif meningkatkan pengetahuan tentang menopause. Hasil *uji Mann Whitney* menunjukkan nilai $p\text{-value } 0,500 > 0,05$ yang berarti tidak terdapat perbedaan efektivitas yang signifikan antara kedua media edukasi.

Edukasi berbasis lembar balik dan leaflet terbukti efektif dalam meningkatkan pengetahuan wanita pramenopause tentang menopause. Kedua media dapat digunakan sebagai sarana edukasi kesehatan di pelayanan primer untuk meningkatkan kesiapan wanita menghadapi masa menopause, meskipun tidak terdapat perbedaan efektivitas yang signifikan di antara kedua media tersebut.

Kata kunci: Edukasi, Lembar Balik, Leaflet, Pengetahuan, Menopause.

ABSTRACT

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THE EFFECTIVENESS OF FLIPCHART- AND LEAFLET-BASED EDUCATION ON KNOWLEDGE ABOUT MENOPAUSE AT SAWAH PULO COMMUNITY HEALTH CENTER

1x + 87 pages + 8 tables + 15 appendices

One of the physiological processes that occur in a woman's life cycle is the menopause phase, which is marked by the permanent cessation of menstruation due to ovarian dysfunction. This is usually accompanied by changes in physiological and psychological conditions, affecting the woman's quality of life. A lack of knowledge can cause anxiety in women when dealing with the premenopause period and its changes. To handle this condition, it is important to provide health education through appropriate learning media. Therefore, this study was conducted to analyze the effectiveness of education based on flipcharts and leaflets on knowledge about menopause in premenopausal women at Sawah Pulo Community Health Center in Surabaya. The instrument used was a knowledge questionnaire. Data analysis was conducted using the Wilcoxon Signed Rank Test to determine the effectiveness of the educational media and the Mann-Whitney test to examine the differences in effectiveness between the two media.

This type of research is quantitative with a pre-experimental two-group pretest-posttest design. The sample consisted of 56 premenopausal women, divided into 28 in the flip sheet education group and 28 in the leaflet education group. The instrument used was a knowledge questionnaire. Data analysis was done using the Wilcoxon Signed Rank Test to see the effectiveness of the educational media and the Mann-Whitney test to find out the difference in effectiveness between the two media.

The results of the study showed that after being given education using flip sheets, all respondents had good knowledge, while in the leaflet group, almost all respondents had good knowledge. The Wilcoxon test results showed a p -value of $0.000 < 0.05$ in both groups, which means that education based on flip sheets and leaflets was effective in increasing knowledge about menopause. The Mann Whitney test results showed a p -value of $0.500 > 0.05$, meaning there was no significant difference in effectiveness between the two educational media.

Flipchart-based and leaflet-based education were proven effective in improving premenopausal women's knowledge about menopause. Both media can be utilized as health education tools in primary healthcare settings to enhance women's preparedness for menopause, although no significant difference in effectiveness was found between the two media.

Keywords: *education, flipchart, leaflet, knowledge, menopause.*