

ABSTRAK

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HUBUNGAN ANTARA *PERCEIVED SOCIAL SUPPORT* DAN PENGETAHUAN DENGAN KESIAPAN MENGHADAPI MENOPAUSE PADA WANITA PREMENOPAUSE

Wanita yang berada pada fase premenopause sedang mengalami masa peralihan menuju menopause, sebuah periode yang umumnya disertai sejumlah perubahan, baik dari sisi fisik maupun psikologis. Apabila wanita tidak siap menghadapi kondisi ini, keluhan yang muncul cenderung lebih berat dan potensi gangguan kesehatan lain pun meningkat. Dua faktor yang dinilai turut menentukan kesiapan wanita dalam menghadapi menopause adalah dukungan sosial yang dirasakannya (*perceived social support*) serta tingkat pengetahuannya. Atas dasar itu, penelitian ini disusun untuk mengetahui apakah terdapat keterkaitan antara *perceived social support* dan pengetahuan dengan tingkat kesiapan wanita premenopause dalam menghadapi menopause.

Metode yang digunakan dalam penelitian ini bersifat kuantitatif dengan rancangan cross-sectional, di mana *perceived social support* dan pengetahuan diposisikan sebagai variabel bebas, sementara kesiapan menghadapi menopause menjadi variabel terikat. Populasi yang menjadi sasaran penelitian mencakup wanita premenopause berusia 45 hingga 55 tahun di wilayah kerja Puskesmas Rangkah, Kota Surabaya, dengan jumlah populasi mencapai 5.993 orang. Dari populasi tersebut, diambil sampel sebanyak 99 wanita premenopause melalui teknik *proportional stratified sampling*. Pengumpulan data dilakukan dengan tiga instrumen, yaitu kuesioner *Multidimensional Scale of Perceived Social Support* (MSPSS), kuesioner pengetahuan seputar menopause, dan kuesioner kesiapan menghadapi menopause, kemudian data tersebut dianalisis menggunakan uji Chi-Square.

Temuan penelitian memperlihatkan bahwa mayoritas responden memiliki *perceived social support* yang tergolong tinggi, sementara hampir separuh dari mereka justru berada pada kategori pengetahuan yang masih kurang. Meski demikian, hampir seluruh responden ternyata sudah berada dalam kategori siap menghadapi menopause. Hasil uji statistik turut mengonfirmasi adanya hubungan yang bermakna, baik antara *perceived social support* dengan kesiapan menghadapi menopause, maupun antara pengetahuan dengan kesiapan tersebut. Dengan kata lain, semakin baik dukungan sosial yang dirasakan dan semakin tinggi pengetahuan yang dimiliki, semakin siap pula wanita premenopause dalam menjalani masa menopause. Berdasarkan temuan ini, penelitian selanjutnya disarankan untuk mengembangkan bentuk intervensi berupa edukasi kesehatan serta penguatan dukungan sosial, baik dari keluarga maupun lingkungan sekitar.

Kata Kunci: *Perceived social support*, pengetahuan, kesiapan

ABSTRACT

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THE RELATIONSHIP BETWEEN PERCEIVED SOCIAL SUPPORT AND KNOWLEDGE WITH READINESS TO FACE MENOPAUSE IN PREMENOPAUSAL WOMEN

Women in the premenopausal stage are entering a transitional period leading to menopause, a phase commonly marked by various physical and psychological changes. When women are not adequately prepared for this transition, the complaints they experience tend to become more severe, while the risk of additional health problems also increases. Perceived social support and knowledge are considered two key factors that shape how ready women are to face menopause. This study was therefore conducted to examine whether a relationship exists between perceived social support and knowledge with readiness to face menopause among premenopausal women.

A quantitative method with a cross-sectional design was applied in this study, positioning perceived social support and knowledge as independent variables, while readiness to face menopause served as the dependent variable. The target population consisted of premenopausal women aged 45 to 55 years within the working area of Rangkah Public Health Center, Surabaya, totaling 5,993 individuals. From this population, a sample of 99 premenopausal women was selected through proportional stratified sampling. Data were gathered using three instruments the Multidimensional Scale of Perceived Social Support (MSPSS) questionnaire, a questionnaire on knowledge of menopause, and a questionnaire on readiness to face menopause and subsequently analyzed using the Chi-Square test.

The findings revealed that most respondents had a high level of perceived social support, whereas nearly half of them fell into the low-knowledge category. Nevertheless, almost all respondents were found to be ready to face menopause. Statistical testing further confirmed a significant association, both between perceived social support and readiness to face menopause, and between knowledge and that same readiness. In other words, the stronger the perceived social support and the higher the level of knowledge, the more prepared premenopausal women tend to be in facing menopause. Based on these results, future studies are recommended to develop interventions in the form of health education and strengthened social support from family members and the surrounding community.

Keywords: *Perceived social support, knowledge, readiness*