

# PENGARUH VIDEO EDUKASI TERHADAP PENINGKATAN PENGETAHUAN MENOPAUSE PADA IBU-IBU PKK DI DUSUN CEPOR SENDANGTIRTO BERBAH SLEMAN

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## INTISARI

**Latar Belakang:** Wanita menopause akan mengalami penurunan berbagai fungsi tubuh, sehingga akan berdampak buruk bagi fisik dan psikis wanita. Untuk meningkatkan pengetahuan perlu diberikan informasi dengan metode dan media yang tepat.

**Tujuan:** Untuk mengetahui pengaruh video edukasi terhadap peningkatan pengetahuan menopause pada ibu-ibu PKK sebelum dan sesudah diberikan edukasi video.

**Metode:** Jenis penelitian ini merupakan kuantitatif *pre-eksperimen* dengan rancangan *one grup pre-test and post-test*. Pengambilan data dilakukan pada bulan Mei 2023. Populasi dalam penelitian ini ibu-ibu PKK Dusun Cepor Sendangtirto Berbah Sleman yang berjumlah 189 dengan sampel penelitian sebanyak 65 responden dengan teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner pengetahuan menopause. Analisis data meliputi univariat dan bivariat menggunakan uji statistik *Wilcoxon*.

**Hasil:** Hasil Analisis tingkat pengetahuan sebelum diberikan pendidikan kesehatan sebagian besar responden termasuk dalam kategori kurang yaitu sebanyak (80%) dan hasil pengetahuan setelah diberikan pendidikan kesehatan sebagian besar responden termasuk dalam kategori baik yaitu sebanyak (90.8%).

**Kesimpulan:** Terdapat pengaruh video edukasi terhadap peningkatan pengetahuan menopause pada ibu-ibu PKK Dusun Cepor Sendangtirto Berbah Sleman sebelum dan sesudah diberikan pendidikan kesehatan menggunakan media edukasi video.

Kata Kunci: Menopause, Pengetahuan, Video Edukasi

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# THE EFFECT OF EDUCATIONAL VIDEO TO INCREASE KNOWLEDGE ON MENOPAUSE AMONG PKK MOTHERS IN CEPOR SENDANGTIRTO BERBAH SLEMAN

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## ABSTRACT

**Background:** Menopausal women will experience a decrease in various body functions, which will have a bad impact on women's physical and psychological health. To increase knowledge, it is necessary to provide information with appropriate methods and media.

**Objective:** To identify the effect of educational videos on increasing menopausal knowledge in PKK mothers before and after being given the educational video.

**Method:** The type of this research was a quantitative pre-experimental design with one group pre-test and post-test. Data collection was carried out in May 2023. The population in this study was the PKK mothers at Cepor Hamlet of Sendangtirto Berbah Sleman, with a total of 189 mothers with a research sample of 65 respondents taken through a purposive sampling technique. Data were collected using a menopausal knowledge questionnaire. Data analysis included univariate and bivariate conducted using the Wilcoxon statistical test.

**Results:** The results of the analysis of the level of knowledge showed that, before being given health education, most of the respondents were included in the less category (80%). Whilst after being given health education, most of the respondents were included in the good category (90.8%).

**Conclusion:** There is an effect of educational videos on increasing menopausal knowledge among PKK mothers at Cepor Hamlet of Sendangtirto Berbah Sleman before and after being given health education using educational video media.

Keywords: Menopause, Knowledge, Educational Video

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