

HUBUNGAN DUKUNGAN SUAMI DENGAN KESIAPAN ISTRI MENGHADAPI MENOPAUSE DI DUSUN KARANG TENGAH, NOGOTIRTO, GAMPING SLEMAN YOGYAKARTA

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INTISARI

Pendahuluan : Menopause merupakan proses terhentinya *ovulasi* yang disebabkan tidak adanya respon *oosit* indung telur (*ovarium*) ditandai dengan penurunan hormon *estrogen* dan *progesterone*. Fase ini diperkirakan terjadi saat perempuan berumur 45 tahun ke atas. Kesiapan menghadapi menopause itu penting seperti siap secara fisik, psikologis, dan spiritual karena akan mempengaruhi kecemasan perempuan yang menghadapi menopause. Perempuan dalam menghadapi menopause membutuhkan dukungan dari orang terdekat seperti dukungan dari seorang suami biasanya berupa sikap, dorongan, tindakan dan penerimaan.

Tujuan Penelitian: Tujuan penelitian ini untuk mengetahui hubungan dukungan suami dengan kesiapan istri menghadapi menopause di dusun Karang Tengah, Nogotirto, Gamping Sleman Yogyakarta.

Metode Penelitian : Penelitian ini merupakan penelitian kuantitatif dengan desain deskriptif korelasi dan pendekatan waktu yang digunakan adalah cross sectional. Teknik sampling yang digunakan adalah *purposive sampling* yaitu sebanyak 57 responden. Instrumen yang digunakan adalah lembar kuisioner. Hasil penelitian dianalisis secara univariat dan bivariat menggunakan uji *Kendall Tau*.

Hasil Penelitian : Hasil yang didapatkan bahwa dukungan suami pada istri yang menghadapi menopause dan kesiapan istri dalam menghadapi menopause sebagian besar dalam kategori cukup yaitu sebanyak 37 orang (64,9%). Setelah dilakukan uji Kendall tau didapatkan hasil dukungan suami terhadap istri yang mengalami menopause $p = 0,023$ ($p < 0,05$). Nilai koefisien relasi pada penelitian ini yaitu $r = 0,281$ yang menunjukkan bahwa keeratan dalam penelitian ini berada dalam kategori rendah dengan arah hubungan positif.

Kesimpulan : Ada hubungan dukungan suami dengan kesiapan istri menghadapi menopause.

Kata kunci : Menopause, Dukungan Suami, Kesiapan Istri

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RELATIONSHIP BETWEEN HUSBAND'S AND WIFE'S READINESS TO FACE THE MENOPAUSE IN CENTRAL DUSUN CORAL, NOGOTIRTO, LIMESTONE SLEMAN YOGYAKARTA

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ABSTRACT

Introduction: Menopause is the process of cessation of ovulation due to the absence of ovarian oocyte response (ovaries) marked by a decrease in the hormones estrogen and progesterone. This phase is expected occur to women are aged 45 years and over. Readiness to face menopause is important as being physically, psychologically, and spiritually prepared because it may affect the anxiety. Women who facing menopause need support from those closest, such as from husband, usually in the form of attitudes, encouragement, actions and acceptance.

Research Objectives: The purpose of this study was to determine the relationship between husband's support and wife's readiness to face menopause in Karang Tengah hamlet, Nogotirto, Gamping Sleman Yogyakarta.

Research Methods: This research was a quantitative study with a descriptive correlation design and used cross sectional. The used sampling technique was purposive sampling as many as 57 respondents. The used instrument was a questionnaire. The results of the study were analyzed it univariate and bivariate used the Kendall Tau test.

Research Results: The results obtained that the support of the husband to the wife who facing menopause and the readiness of the wife in the face of menopause mostly in the sufficient category that is as many as 37 people (64.9%). After Kendall's test was obtained, the result of husband's support for wives who experienced menopause $p = 0.023$ ($p < 0.05$). The value of the relationship coefficient in this study is $r = 0.281$ which indicates that the closeness in this study is in the low category with the direction of a positive relationship.

Conclusion: There is a relationship between husband's support and wife's readiness to face menopause.

Keywords: Menopause, Support Husband, Wife Readiness

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