

**GAMBARAN SIKAP WANITA TERHADAP PERUBAHAN FISIK DAN
PSIKOLOGIS SAAT MENOPAUSE DI DUSUN KWENI WILAYAH
KERJA PUSKESMAS II SEWON KABUPATEN BANTUL**

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INTISARI

Latar Belakang: Menopause adalah haid terakhir yang dialami seorang wanita yang dipengaruhi oleh hormon reproduksi yang terjadi pada usia menjelang atau lima puluhan, pada wanita menopause akan terjadi perubahan fisik dan psikologis yang akan mempengaruhi sikapnya dalam menjalani atau menyikapi kehidupannya.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran sikap wanita terhadap perubahan fisik dan psikologis saat menopause.

Metode: Desain penelitian ini menggunakan deskriptif kuantitatif dengan teknik *purposive sampling* yang berjumlah 68 responden dalam 4 hari dengan pengisian kuesioner dan menggunakan analisa univariat.

Hasil: Hasil penelitian ditemukan dari 68 sampel jumlah wanita sebagian besar berumur 40-45 tahun sebanyak 42 orang (61,8%), sebagian besar berpendidikan SMA sebanyak 30 orang (44,1%) dan berstatus bekerja sebanyak 39 orang (57,4%). Sikap wanita terhadap perubahan fisik saat menopause di Dusun Kweni sebagian besar adalah positif sebanyak 42 orang (61,8%) dan sikap wanita terhadap perubahan psikologis saat menopause di Dusun Kweni sebagian besar adalah positif sebanyak 38 orang (55,9%). Sedangkan sikap wanita terhadap perubahan fisik dan psikologis saat menopause di Dusun Kweni sebagian besar adalah positif sebanyak 40 orang (58,8%).

Kesimpulan: Berdasarkan hasil penelitian, sikap wanita di Dusun Kweni Panggunharjo Sewon Bantul dalam menghadapi perubahan fisik dan psikologis saat menopause adalah positif sebanyak 40 orang (58,8%).

Kata kunci: Sikap, Perubahan fisik dan Psikologis, Menopause

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**THE DESCRIPTION OF WOMEN'S ATTITUDE TOWARD PHYSICAL
DAN PSYCHOLOGICAL CHANGES DURING MENOPAUSE IN KWENI
HAMLET, THE OPERATIONAL AREA OF SEWON COMMUNITY
HEALTH CENTER II OF BANTUL REGION**

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ABSTRACT

Background : Menopause is the last menstruation experienced by a women which is influenced by reproductive hormon in the beginning of the age of 50. During this, a woman would experience physical and psychological changes which influence her attitude toward her life.

Objective : This study is aimed at identifying the description of women's attitude toward physical dan psychological changes during menopause.

Method : The design of this study was descriptive and quantitative with purposive sampling technique toward 68 respondents in 4 day through questionairres distribution and univariate analysis application.

Result : This study identified that among 68 samples of women, mostly were aged between 40-45 years old as many as 42 respondents (61,8%), mostly graduated from Senior High School as many as 30 respondents (44,1%), and occupied as many as 39 respondents (57,4%). Women's attitude toward physical change during menopause in Kweni hamlet were mostly positive as many as 42 respondents (61,8%) and women's attitude toward psychological change during menopause in Kweni hamlet were mostly positive as many as 38 respondents (55,9%). Women's attitude toward physical and psychological changes during menopause were mostly positive as many as 40 respondents (58,8%).

Conclusion : According to study result, women's attitude in Kweni hamlet, Panggungharjo, Sewon, Bantul, in dealing with physical and psychological changes during menopause were positive as many as 40 respondents (58,8%).

Keyword : Attitude, Physical and Psychological Changes, Menopause

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