

PENGARUH PENDIDIKAN KESEHATAN TENTANG ANDROPAUSE TERHADAP KESIAPAN MENGHADAPI ANDROPAUSE DI DUSUN SOROGATEN DONOMULYO NANGGULAN KULON PROGO

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INTISARI

Latar Belakang : Data di Amerika, sindroma andropause dialami oleh sekitar 15% pria usia 40-60 tahun (Pangkahila, 2007). Prevalensi Andropause pada 120 responden pria usia 30 tahun ke atas di Kabupaten Sleman Propinsi D.I. Yogyakarta sebesar 55,84% (Suryandari, 2005). Kurangnya pengetahuan tentang reproduksi khususnya andropause dapat berdampak terhadap kesiapan menghadapi andropause. Salah satu upaya untuk memberikan informasi tentang andropause adalah melalui pendidikan kesehatan.

Tujuan Penelitian : Mengetahui pengaruh pendidikan kesehatan tentang andropause terhadap kesiapan menghadapi andropause di Dusun Sorogaten Donomulyo Kecamatan Nanggulan Kulon Progo.

Metode Penelitian : Jenis penelitian *Pre Experimental Design sectional*. Sampel diambil dengan teknik *simple random sampling* yaitu penduduk laki-laki usia 40-60 tahun di Dusun Sorogaten Donomulyo Nanggulan Kulon Progo sebanyak 80 orang. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan uji *t-test*.

Hasil Penelitian : Hasil uji *Mann-Whitney U* diperoleh *p-value* $0,000 < 0,05$. Kesiapan menghadapi andropause sebelum diberikan pendidikan kesehatan tentang andropause mayoritas pada kelompok intervensi belum siap. Kesiapan menghadapi andropause sesudah diberikan pendidikan kesehatan tentang andropause mayoritas pada kelompok intervensi sudah siap.

Kesimpulan : Ada pengaruh pemberian pendidikan kesehatan tentang andropause dengan kesiapan menghadapi andropause di Dusun Sorogaten, Donomulyo, Kecamatan Nanggulan Kulon Progo. Pria dewasa usia madya hendaknya secara aktif meningkatkan pengetahuan tentang andropause dengan mengikuti berbagai kegiatan penyuluhan kesehatan yang diselenggarakan oleh petugas kesehatan.

Kata kunci : pendidikan kesehatan, kesiapan menghadapi andropause

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THE INFLUENCE OF HEALTH EDUCATION ON ANDROPAUSE TOWARD READINESS IN FACING ANDROPAUSE IN SOROGATEN DONOMULYO NANGGULAN KULON PROGO

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ABSTRACT

Background: Based on the data from United State of America, andropause syndrome was suffered from 15% male 40-60 years old. The Andropause prevalence of 120 male respondents more than 30 years old in Sleman and Yogyakarta province 55,84%. The reason was based on deficit knowledge about reproduction especially andropause and has an impact to the mentality in facing of andropause. One of the ways to give information about andropause through health education.

Objective: The study aimed to know The Influence Of Health Education On Andropause Toward Readiness In Facing Andropause In Sorogaten Donomulyo Nanggulan Kulon Progo.

Methods: This study used *Pre Experimental Design* with control group. The sample was taken by *simple random sampling*, and 40-60 years old male were involved as much as 80 respondents. The respondents were divided into two groups, first group as intervention group and the other as control group. The instrument of research used a questioners was given to respondent. As the result analysis by *t-test*.

Results: the result of test *Mann-Whitney U* get a *p-value* $0,000 < 0,05$. The attention of mentality to face andropause but the majority group in the intervention is already.

Conclusion: The health education about andropause give a impact to the society for to face mentality attention of andropause In Sorogaten Donomulyo Nanggulan Kulon Progo. Male have a madnya period should active to add information about andropause and follow the healthy leanding handeld by health officer.

Keyword: Health education, mentality attention to face the andropause.

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