

GAMBARAN TINGKAT PENGETAHUAN IBU UMUR 50-60 TAHUN TENTANG KEBUTUHAN GIZI PADA MASA MENOPAUSE DI DESA WARENG, GUNUNGKIDUL

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INTISARI

Latar Belakang : Pada usia menopause terjadi penurunan proteksi pada tubuh karena berkurangnya produksi hormon estrogen dan ada kecenderungan terjadinya peningkatan berat badan dan kolesterol, serta timbulnya berbagai macam penyakit yang disebabkan oleh pola konsumsi makan. Dari studi pendahuluan yang telah dilakukan pada tanggal 24 Februari 2013 Desa Wareng, Gunungkidul terhadap 10 ibu menopause di dapatkan hasil 4 orang ibu (40%) yang tahu tentang kebutuhan gizi pada masa menopause, sedangkan 6 orang ibu (60%) lainnya mengatakan tidak tahu tentang kebutuhan gizi pada masa menopause.

Tujuan Penelitian : Untuk mengetahui tingkat pengetahuan ibu umur 50-60 tahun tentang kebutuhan gizi pada masa menopause di Desa Wareng, Gunungkidul tahun 2013.

Metode Penelitian : Penelitian ini adalah *deskriptif kuantitatif* dengan pendekatan *survey*. Penelitian dilakukan di Desa Wareng, Gunungkidul. Waktu penelitian tanggal 14-19 Juni 2013, jumlah sampel yang digunakan adalah 140 responden. Teknik sampling menggunakan *Purposive Sampling*. Analisis data yang digunakan adalah *analisis univariate*.

Hasil penelitian : Berdasarkan penelitian yang telah dilakukan di Desa Wareng, Gunungkidul diperoleh hasil bahwa tingkat pengetahuan ibu menopause yang berpengetahuan kurang sebanyak 110 responden (78,6%), yang berpengetahuan cukup sebanyak 28 responden (20,0%), dan yang berpengetahuan baik sebanyak 2 responden (1,4%).

Kesimpulan : Dari penelitian didapat bahwa pengetahuan ibu tentang kebutuhan gizi pada masa menopause kurang sebanyak 110 responden (78,6%).

Kata Kunci : Pengetahuan, Menopause, Kebutuhan Gizi.

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OVERVIEW OF MOTHER'S KNOWLEDGE AGED 50-60 YEARS ABOUT NUTRITIONAL NEEDS DURING MENOPAUSE IN WARENG, GUNUNGKIDUL

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ABSTRACT

Background : At the age of menopause there is a decrease in the body's protection because of reduced protection of the hormone estrogen, and there is a tendency to an increase in body weight and cholesterol, as well as the incidence of various diseases caused by consumption of diet. From preliminary studies which have been conducted on February 24, 2013 in Wareng, Gunungkidul to 10 menopausal mother was found that 4 of mothers (40%) knew about nutritional needs during menopause, whereas 6 of the mothers (60%) said did not know about nutritional needs during menopause.

Objective : Of the thesis was to find out the level of knowledge of mothers age 50-60 years about nutritional needs during menopause in Wareng, Gunungkidul in 2013.

Methods : Was a quantitative descriptive survey approach, the study was conducted in the village of Wareng, Gunungkidul on 14 to 19 June 2013 sampling technique used purposive sampling with the total number of samples was 140 respondents. Data analysis was univariate analysis.

Results : Showed that the level of mother's knowledge aged 50-60 years about nutritional needs during menopause in Wareng, Gunungkidul was low. It was proved by the average of the total number of less knowledgeable respondents were 110 respondents (78,6%), quite knowledgeable respondents were 28 respondents (20,0%), and good knowledgeable respondents were 2 respondents (1,4%).

Conclusion : The study found that mothers knowledge age 50-60 years nutritional needs during menopause was less 110 respondents (78,6%)

Keyword : Knowledge, Menopause, Nutrition Needs.

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