

**GAMBARAN KENYAMANAN SEKSUAL PADA IBU *MENOPAUSE*
DI DUSUN SEYEGAN, SRIHARDONO, PUNDONG, BANTUL
YOGYAKARTA**

INTISARI

Nurul Himayanti¹, Ekawati²

Latar Belakang : Fungsi seksual merupakan salah satu faktor yang berperan penting dalam kehidupan perkawinan. Insiden disfungsi seksual wanita *post-menopause* mencapai 80%, dari 833 wanita *menopause* usia 45-60 tahun ditemukan 38% wanita mengalami disfungsi seksual.

Tujuan : Untuk mengetahui gambaran kenyamanan seksual pada ibu *menopause* di dusun seyegan, desa srihardono, kecamatan pundong, kabupaten Bantul

Metode Penelitian : Jenis penelitian merupakan *deskriptif kuantitatif*, lokasi di Dusun Seyegan Srihardono Pundong Bantul Yogyakarta pada tanggal 12 Agustus 2015. Jumlah populasi sebanyak 32 orang dan jumlah sampel sebanyak 32 orang. Dengan teknik pengambilan sampel menggunakan *total sampling*.

Hasil Penelitian : Tingkat kenyamanan seksual pada ibu *menopause* dalam kategori nyaman 3 responden (9,4%), kategori cukup nyaman 3 responden (9,4%), kategori kurang nyaman 6 responden (18,8%), kategori tidak nyaman 20 responden (62,5%).

Kesimpulan : Penelitian ini didapatkan hasil kenyamanan seksual pada ibu *menopause* adalah tidak nyaman sebanyak 20 responden (62,5%), kemungkinan pendidikan dan pengalaman terutama kurangnya informasi.

Kata Kunci : *Menopause* , seksual

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1. Mahasiswi Stikes Jen. A.Yani Yogyakarta
 2. Dosen Stikes Jen. A.Yani Yogyakarta

THE DESCRIPTION OF SEXUAL COMFORT ON MENOPAUSE MOTHER IN SEYEGAN, PUNDONO, BANTUL YOGYAKARTA

ABSTRACT

Nurul Himayanti¹, Ekawati²

Background of Study: The sexual function is one of important factor in the marriage life. Women sexual dysfunctional incident on post menopause mother is up to 80%. From 833 menopause women in the age of 45-60 years old found 38% got sexual dysfunction.

Objective of study: The aims of this study is to describe of sexual comfort on menopause mothers in Seyegan, Srihardono, Pundong, Bantul.

Research Method: This study is quantitative descriptive method. The location is in Seyegan, Srihardono, Pundong, Bantul Yogyakarta. The data taken in 12th August 2015. The sample of population is 32 respondents. To collect the data, the writer uses total sampling technique.

Result study: the sexual comfort level of menopause mothers is in comfort category as 3 respondents (9.4%), in quite comfort category is 3 respondents (9.4%), in less category is 6 respondents (18%) and in uncomfortable category is 20 respondents (62.5%).

Conclusion: from the result study, it is concluded that 20 respondents (62.5%) are in uncomfortable category, it may cause of the education background, experience and lacking information.

Keywords: Menopause, Sexual

¹ Student of Stikes Jend. A. Yani ogyakarta

² Lecturer of Stikes Jend. A. Yani Yogyakarta

