

GAMBARAN TINGKAT PENGETAHUAN IBU TENTANG AKTIVITAS HUBUNGAN SEKSUAL PADA MASA MENOPAUSE DI DUSUN PAKEL, HARGOSARI, TANJUNGSARI, GUNUNGGKIDUL

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INTISARI

Latar Belakang : Menopause merupakan masa yang kritis dalam kehidupan wanita yang umumnya dimulai pada usia antara 45-55 tahun. Perubahan fisik yang terjadi seperti penurunan hormon dapat menyebabkan jaringan vagina kering dan tipis saat melakukan hubungan seksual sehingga ibu merasa sakit dan tidak nyaman saat bersenggama. Perubahan lain seperti psikologis akan mempengaruhi kecemasan pada wanita menopause dalam melakukan aktivitas hubungan seksual. Berdasarkan hasil studi pendahuluan yang telah dilakukan di dapatkan 5 (9,25%) dari 10 wanita menopause mengatakan sering menolak ketika diajak berhubungan seksual disebabkan karena malu dan terjadi penurunan gairah seksual serta merasakan nyeri saat bersenggama.

Tujuan Penelitian : Untuk mengetahui gambaran tingkat pengetahuan ibu tentang aktivitas hubungan seksual pada masa menopause di Dusun Pakel, Hargosari, Tanjungsari, Gunungkidul 2016.

Metode Penelitian : Metode penelitian ini adalah deskriptif dengan pendekatan *cross sectional*. Pengambilan sampel dengan metode *Purposive Sampling* yang berjumlah 38 responden. Alat Pengumpulan data adalah kuesioner, dan analisa data menggunakan analisis univariate.

Hasil penelitian : Tingkat pengetahuan tentang aktivitas hubungan seksual dalam kategori cukup sebanyak 24 orang (63,2%), pengertian menopause dalam aktivitas hubungan seksual dalam kategori baik sebanyak 25 responden (65,8%), frekuensi aktivitas hubungan seksual dalam kategori cukup sebanyak 18 responden (47,4%), penyebab perubahan aktivitas seksual dalam kategori kurang sebanyak 27 responden (71,1%), faktor-faktor yang mempengaruhi aktivitas hubungan seksual dalam kategori cukup sebanyak 28 responden (73,7%), cara mengatasi keluhan aktivitas hubungan seksual dalam kategori baik sebanyak 15 responden (39,5).

Kesimpulan : Hasil penelitian didapatkan gambaran mengenai tingkat pengetahuan ibu tentang aktivitas hubungan seksual pada masa menopause dalam kategori cukup yaitu sebanyak 24 orang (63,2%) dari 38 responden.

Kata Kunci : Pengetahuan, Aktivitas Hubungan seksual, Masa Menopause

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The Description of Mother Knowledge Level about Sexual Activity during Menopausal Period in Pakel Hamlet, Hargosari, Tanjungsari, Gunungkidul

ABSTRAK

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Background :Menopause is a critical period in a woman's life which begins at the age of 45-55 years old. Physical changes such as hormonal decline could lead to dry and thin vaginal tissue so that a mother may experiences pain and uncomfot during sexual intercourse. Another transformation such as psychological changes may influence anxiety in a woman with menopause about sexual activity. The result of a preliminary study identified 5 (9,25%) out of 10 women with menopause who expressed rejection frequently to have any sexual intercourse due to embarrassment, decline in sexual passion, and pain during sexual intercourse.

Objective : To identify The Description of Mother's Knowledge Level about Sexual Activity during Menopause Period in Pakel Hamlet, Hargosari, Tanjungsari, Gunungkidul.

Method : The method of this study was descriptive with survey approach. Samples were selected through Purposive Sampling technique as many as 38 respondents. Data compilation instrument were questionnaires and data analysis applied univariate analysis.

Result : The knowledge level about sexual activity was in sufficient category as many as 24 respondents (63,2%), definition of menopause in relation to sexual activity was in good category as many as 25 respondents (65,8%), frequency of sexual activity was in sufficient category as many as 18 respondents (47,4%), causes of sexual activity changes was in poor category as many as 27 respondents (71,1%), factors that influenced sexual activity were in sufficient category as many as 28 respondents (73,7%), strategy to overcome complaint against sexual activity was in good category as many as 15 respondents (39,5%).

Conclusion :The result of this study described that mothers' knowledge level about sexual activity during menopause period was in sufficient category as many as 24 respondents (63,2%) out of 38 respondents.

Keywords : Knowledge, Sexual Activity, Menopause Period.

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