

HUBUNGAN DUKUNGAN SOSIAL SUAMI DENGAN KESIAPAN IBU MENGHADAPI MENOPAUSE DI DUKUH GEBLAGAN TAMANTIRTO KASIHAN BANTUL YOGYAKARTA

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INTISARI

Latar Belakang : Menurut Badan Pusat Statistika, pada tahun 2025 diperkirakan akan ada 60 juta wanita menopause. Menjelang masa menopause wanita mengalami perubahan kejiwaan meliputi merasa tua, tidak menarik lagi, rasa tertekan karena takut menjadi tua, mudah tersinggung, mudah kaget sehingga jantung berdebar, takut tidak dapat memenuhi kebutuhan seksual suami, dan perasaan negatif lain. Kondisi tersebut akan memunculkan kecemasan yang menyeluruh pada wanita. Dalam menghadapi masa menopause ini, istri membutuhkan dukungan sosial dari suami, karena jika tidak mendapat dukungan, istri akan merasa kecewa, kesal dan putus asa.

Tujuan Penelitian : Mengetahui hubungan dukungan sosial suami dengan kesiapan ibu menghadapi menopause di Dukuh Geblagan Tamantirto, Kasihan, Bantul Yogyakarta.

Metode Penelitian : Jenis penelitian ini adalah non eksperimental bersifat deskriptif analitik dengan metode kuantitatif menggunakan pendekatan *cross sectional*. Sampel diambil dengan teknik *purposive sampling* yaitu ibu-ibu berusia 45-50 tahun di Dukuh Geblagan sebanyak 40 orang. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan rumus *chi square*.

Hasil penelitian : Sebagian besar suami di Dukuh Geblagan Tamantirto Kasihan Bantul memberikan dukungan sosial kepada istri dalam menghadapi menopause sebanyak 28 orang (70,0%). Ibu usia 45-50 tahun di Dukuh Geblagan Tamantirto Kasihan Bantul sebagian besar siap dalam menghadapi menopause sebanyak 30 orang (75%). Hasil uji *chi square* diperoleh $p\text{-value } (0,017) < \alpha (0,05)$.

Kesimpulan : Ada hubungan dukungan sosial suami dengan kesiapan ibu menghadapi menopause di Dukuh Geblagan Tamantirto Kasihan Bantul.

Kata kunci : Dukungan sosial suami, Kesiapan, Menopause.

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**THE RELATIONSHIP OF HUSBAND SOCIAL SUPPORT WITH THE
MOTHER READINESS TO FACE MENOPAUSE IN GEBLAGAN
HAMLET TAMANTIRTO KASIHAN BANTUL OF
YOGYAKARTA**

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ABSTRACT

The Background: According to BPS, in 2025 expected to have 60 million menopausal woman. Approach of menopause period, woman has psychological changes includes of feeling old, uninteresting anymore, feels depressed because of afraid being old, sensitive, easy to be shocked until the heart is beating, being afraid of unable to fulfill the husband sexual needs, and other negative feeling. Those condition will show the spread all over of anxiousness to the woman. In this menopause period, wife needs social support from her husband, because if she doesn't have the support, she will be disappointed, peevish and give up.

The purpose of the Research: To determine the relationship of husband social support with the mother readiness to face menopause in Geblagan hamlet Tamantirto, Kasihan, Bantul of Yogyakarta.

The Method of the Research : The type of this research is non experimental, descriptive analytic with quantitative method using cross sectional approach. The sample taken with purposive sampling that are 40 mothers aged 45-50 years old in Geblagan hamlet. The instrument of the research are questioner and the result of analysis research with the chi square formula.

The Result of the research : Most of husbands in Geblagan hamlet Tamantirto, Kasihan, Bantul , give social support to their wife to face menopause as much as 28 persons (70,0 %). Most of mothers aged 45-50 years old in Geblagan hamlet Tamantirto, Kasihan, Bantul ready to face menopause as much as 30 persons (75 %). The test of chi square obtained p-value (0,017) < α (0,05).

The Conclusion : There is relationship of husband social support with the mother readiness to face menopause in Geblagan hamlet Tamantirto, Kasihan, Bantul.

Key words : Social support, Readiness, Menopause.

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