

**PENGARUH PENDIDIKAN KESEHATAN TERHADAP SIKAP
MENGHADAPI MENOPAUSE PADA IBU PREMENOPAUSE
DI DUKUH NGEHEL TAMANTIRTO KASIHAN
BANTUL YOGYAKARTA**

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INTISARI

Latar Belakang: *Menopause* merupakan peristiwa yang sangat alamiah dan normal terjadi pada seorang wanita, tetapi banyak menimbulkan keluhan dan gangguan yang dirasakan. Pengetahuan dan pendidikan tentang *menopause* sangat bermanfaat, agar wanita memiliki bekal pemahaman berbagai gejala *menopause* dan kesadaran akan adanya konsekuensi kesehatan yang tidak boleh diabaikan.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan terhadap sikap menghadapi *menopause* pada ibu *premenopause* di Dukuh Ngebel, Tamantirto, Kasihan, Bantul, Yogyakarta.

Metode Penelitian: Jenis penelitian ini adalah *Pre Experimental Design (Quasi Experiment)* dengan rancangan *Pre-Test and Post-Test Group*. Populasi dalam penelitian ini adalah semua ibu *premenopause* yang berada di dukuh Ngebel, Tamantirto, Kasihan, Bantul, Yogyakarta, teknik sampling *purposive sampling* dengan sampel sebanyak 53 ibu. Teknik analisis *Wilcoxon Match Pairs test*.

Hasil: Hasil penelitian deskriptif datasikap menghadapi *menopause* pada ibu *premenopause* sebelum dilakukan pendidikan kesehatan sebagian besar 41,5% termasuk sikap positif, dan sikap ibu sesudah dilakukan pendidikan kesehatan mayoritas sikapnya positif sebanyak 56,6%. Hasil uji *Wilcoxon Match Pairs Test* nilai Z_{hitung} -4,866 dan nilai signifikansi sebesar 0,000 ($0,000 < 0,05$).

Kesimpulan dan Saran: Ada pengaruh pendidikan kesehatan terhadap sikap menghadapi *menopause* pada ibu *premenopause* di Dukuh Ngebel Tamantirto Kasihan Bantul Yogyakarta. Bagi wanita *premenopause* disarankan menambah pengetahuan mengenai hal-hal penting seputar *menopause*.

Kata kunci : pendidikan kesehatan, *premenopause*, sikap

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**THE EFFECT OF HEALTH EDUCATION TOWARD FACING
MENOPAUSE ATTITUDE ON PREMENOPAUSAL MOTHER IN
DUKUH NGEHEL TAMANTIRTO KASIHAN
BANTUL YOGYAKARTA**

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ABSTRACT

Background: *Menopause* was a natural occurrence that was very normal and happens to a woman, but a lot of complaints and perceived interference. Knowledge and education about the *menopause* was very useful, in order that women have a better understanding of the various symptoms of *menopause* and awareness of the health consequences that should not be overlooked.

Objective: This study aimed to determine the effect of health education toward facing the *menopause* attitudes in the *premenopausal* mother in Dukuh Ngebel, Tamantirto, Kasihan, Bantul, Yogyakarta.

Methods: The study was *Pre Experimental Design (Quasi Experiment)* with *Pre-Test and Post-Test Group* design. The population in this study was all mothers who were *premenopausal* at the dukuh Ngebel, Tamantirto, Kasihan, Bantul, Yogyakarta, *purposive sampling* technique with a sample of 53 mothers. Analysis techniques of *Wilcoxon Match Pairs test*.

Results: The results study of a descriptive data on facing *menopause* attitudes on *premenopausal* mother before did the health education most of 41,5%, including a positive attitude, and the mother attitude after did health education the majority was a positive attitude as much as 56,6%. Results Test of *Wilcoxon Match Pairs* test value of $C_{\text{ount}} = -4,866$ and a significance value of 0.000 ($0.000 < 0,05$).

Conclusions and Recommendations: There is an effect of health education toward facing the *menopause* attitudes on *premenopausal* mother in Dukuh Ngebel Tamantirto Kasihan Bantul Yogyakarta. For *premenopausal* women were advised to increase knowledge about the important things about *menopause*.

Keywords : health education, *premenopause*, attitude

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