

HUBUNGAN TINGKAT PENGETAHUAN IBU TENTANG MENOPAUSE DENGAN KESIAPAN IBU MENGHADAPI MENOPAUSE DI DUSUN CEPOKO BANTUL TAHUN 2010

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INTISARI

Latar Belakang : Menopause adalah berhentinya menstruasi. Fenomena yang terjadi bila wanita pre menopause tidak mengerti tentang menopause akan merasa takut tua, mudah tersinggung, takut kehilangan suami, susah tidur. Sebaliknya bila wanita pre menopause mengerti tentang menopause seorang wanita akan menerima segala perubahan dengan bijaksana. Salah satu faktor yang mempengaruhi kesiapan dalam menghadapi menopause adalah pengetahuan.

Tujuan Penelitian : Mengetahui hubungan antara tingkat pengetahuan ibu tentang menopause dengan kesiapan ibu menghadapi menopause di Dusun Cepoko Bantul Tahun 2010.

Metode Penelitian : Jenis penelitian non eksperimen, dengan pendekatan waktu *Cross sectional*. Subyek penelitian warga Dusun Cepoko Teknik pengambilan sampel *purposive sampling*, 70 responden, menggunakan instrument kuesioner, Uji statistik menggunakan *Kendall Tau*, Penelitian di lakukan di Dusun Cepoko Bantul bulan Juni 2010.

Hasil Penelitian : Karakteristik responden dari segi umur mayoritas berusia 40 tahun (20.0%), tingkat pendidikan mayoritas tamat SD (45.7%), pekerjaan mayoritas sebagai Ibu Rumah Tangga (72.9%), tingkat pengetahuan mayoritas cukup baik (65.7%), tingkat kesiapan mayoritas cukup siap (57.1%).

Kesimpulan : Ada hubungan yang signifikan positif antara tingkat pengetahuan ibu tentang menopause dengan kesiapan ibu menghadapi menopause di Dusun Cepoko Bantul tahun 2010. Hal ini ditunjukkan dengan nilai $p : 0.536$ dan signifikan () : 0.000 dimana nilai signifikan tersebut lebih kecil dari 0.05.

Kata Kunci : Tingkat Pengetahuan, Kesiapan, Menopause
Kepustakaan : 16 buku, 5 jurnal (2004-2009)
Jumlah halaman : xii, 60 halaman, 6 tabel, 3 gambar, 10 lampiran

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**THE RELATINSHIP OF THE MOTHER KNOWLEDGE LEVEL ABOUT
MENOPAUSE WITH THE READINESS OF MOTHER FACES
MENOPAUSE IN CEPOKO VILLAGE BANTUL
IN THE YEAR OF 2010**

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ABSTRACT

Background : Menopause means stopping of meanstruation periode. Phenomenon which happens if pre menopause woman doesn't know about menopause will feel afraid to become old, sensitive, worried to lose the husband and difficult to sleep. The other way, when pre menopause woman who knows about menopause will accept all of changes wisely in menopause spans. One of the factor which effects the readiness of someone in facing the changing of physical and psychological when menopause is knowledge.

The aim of research : To know the relationship between mothers knowledge about menopause with the mothers rediness faces menopause in Cepoko Village Bantul 2010.

The method of research : Using corelation non experimen with time approach of *cross sectional* . The subject of research is mother with 40-50 year old, 70 respondent, use questionnaire instrument, the people in Cepoko Village by using the sample method of *purposive sampling*. The statistic tes uses *Kendall Tau*. This research is done in July 2010.

The result of research : The characteristic of respondent from age side the majority is 40 years old (20.0%), the majority of education level is elementary school graduation (45.7%), the majority of work is house wife (72.9%), and the majority of respondent knowledge is in good enough category, it is 46 respondent (65,7%) and the level of majority respondent is in ready enough category, it is 40 respondents (57,1%).

The conclusion : There is the significant relationship between mothers knowledge level about menopause with mothers readiness faces menopause in Cepoko Village Bantul in the year of 2010. This thing is showed with value of $P=0.536$ in the result of research is got value of $P=0,000$ and it shows the relationship which is significant between variable less than value of $P < 0,05$.

The key word : The knowledge level, readiness, menopause.

Bibliography : 16 books, 5 journals (2004-2009)

The total of page : xii, 60 pages, 6 tables, 3 pictures,10 appendix

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