

KESIAPAN WANITA USIA 35-40 TAHUN MENGHADAPI PREMENOPAUSE DI DUSUN SEMPU BUMIREJO LENDAH KULON PROGO

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INTISARI

Latar Belakang: Sindrom premenopause banyak dialami oleh wanita, Di Dusun Sempu memiliki jumlah penduduk 441 jiwa. Terdapat 32 wanita yang berusia 35-40 tahun. Berdasarkan studi pendahuluan di Dusun Sempu tanggal 22 februari 2013, dari 5 orang responden didapatkan 20% sudah siap menghadapi premenopause, 80% belum siap menghadapi premenopause seperti menstruasi tidak teratur, kulit akan menjadi kriptu, kecantikan akan menghilang, kekeringan vagina, takut kehilangan rasa percaya diri dan mengalami gelisah.

Tujuan Penelitian: Mengetahui kesiapan wanita usia 35-40 menghadapi premenopause di Dusun Sempu Bumirejo Lendah Kulon Progo.

Metode Penelitian: Penelitian deskriptif dengan menggunakan rancangan *Morbidity Survey*. Teknik pengambilan sampel menggunakan total sampling, populasi seluruh wanita usia 35-40 tahun di Dusun Sempu yang berjumlah 32 orang. Pengumpulan data dengan kuesioner tertutup. Analisis data dengan analisis univariat.

Hasil Penelitian: Kesiapan wanita usia 35-40 tahun menghadapi perubahan premenopause secara fisik di Dusun Sempu mayoritas kurang siap yaitu sebanyak 28 responden (88%), menghadapi perubahan premenopause secara psikologis mayoritas kurang siap yaitu sebanyak 26 responden (81%), kesiapan wanita usia 35-40 tahun mayoritas kurang siap yaitu sebanyak 27 responden (84%).

Kesimpulan: Kesiapan wanita usia 35-40 tahun di Dusun Sempu adalah kurang siap sebanyak 27 responden (84%). Masyarakat diharapkan untuk lebih aktif memperoleh informasi kesehatan khususnya tentang premenopause.

Kata Kunci: Kesiapan, premenopause

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**THE READINESS OF WOMEN WHOSE 35 - 40 AGES DEALING
PREMENOPAUSAL IN VILLAGE OF SEMPU BUMIREJO
LEDAH KULON PROGO**

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ABSTRACT

Background: Premenopausal Syndrome experienced by many women in Sempu Villages has a population of 411 inhabitants. There are 32 women aged 35-40 years. Based on preliminary studies in Sempu Villages on dated February 22th, 2013, from 5 people respondents found 20% are ready to face premenopausal, 80% not ready for premenopausal like irregular menstruation, the skin will be wrinkled, beauty will disappear, vaginal dryness, fear of loss of trust and experiencing restless.

Objective: To identify the readiness of women aged 35 - 40 years face premenopausal in Sempu Villages Bumirejo Lendah Kulon Progo.

Methods: Descriptive study using a design Morbidity Survey. Sampling technique using total sampling, the entire population of women aged 35 - 40 years in Sempu Villages as many as 32 people. Data collection with the enclosed questionnaire. Analysis of the data by univariate analysis.

Results: Readiness of women aged 35 - 40 years to face the physical changes premenopausal in Sempu Villages majority less ready as many as 28 respondents (88%), face for the changes in premenopausal psychologically, majority are less ready as many as 26 respondents (81%), readiness of women aged 35 - 40 years majority are under-prepared as many as 27 respondents (84%).

Conclusion: Readiness of women aged 35 - 40 years in Sempu Village is less ready by 27 respondents (84%). Community is expected to be more active to obtain health information in particular about the premenopausal.

Keywords: Readiness, Premenopausal

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