

**SIKAP IBU DALAM MENGHADAPI PERUBAHAN PSIKOLOGI
MENOPAUSE DI DUKUH TLOGO AMBARKETAWANG
GAMPING SLEMAN YOGYAKARTA**

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INTISARI

Latar Belakang : Menopause merupakan perjalanan normal seorang wanita yang tidak mendapatkan haid selama 12 bulan setelah hari terakhir haid, sesuai dengan penambahan umur, tentunya fungsi organ tubuh mulai menunjukkan adanya perubahan yang signifikan fisik maupun psikologi, jumlah wanita 503.555 jiwa, serta wanita usia 45-64 tahun ada 25.1% artinya jumlah wanita menopause di kabupaten Sleman sekitar 126.894 jiwa. Studi pendahuluan pada tanggal 25 Februari 2013 di Dukuh Tlogo, dari 7 ibu menopause terdapat 5 (71,4%) ibu menopause yang belum bisa menerima perubahan yang dialaminya, sedangkan 2 (48,5%) ibu menopause belum bisa menerima.

Tujuan penelitian : Untuk mengetahui sikap ibu dalam menghadapi perubahan psikologi menopause di Dukuh Tlogo, Ambarketawang, Gamping, Sleman, Yogyakarta.

Metode penelitian : Penelitian ini menggunakan metode *deskriptif*. Populasi penelitian yaitu ibu menopause di Dukuh Tlogo yang berjumlah 35 responden dengan tehnik *total sampling* sebanyak 35 orang. Alat ukur menggunakan kuesioner dan analisis dengan univariat

Hasil penelitian : Sikap ibu dalam menghadapi perubahan psikologi menopause di Dukuh Tlogo menunjukkan sikap positif yaitu sebanyak 28 responden (80%).

Kesimpulan dan saran : Mayoritas ibu memiliki sikap yang positif dalam menghadapi perubahan psikologi menopause di Dukuh Tlogo. Dan diharapkan tetap mempertahankan sikap tersebut, bagi ibu menopause yang bersifat negatif diharapkan dapat menjadi positif.

Kata kunci : Sikap ibu, Perubahan Psikologis, Menopause

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**MOTHER IN DEALING WITH ATTITUDE CHANGES IN MENOPAUSE
PSYCHOLOGY IN TLOGO VILLAGE AMBARKETAWANG
GAMPING SLEMAN YOGYAKARTA**

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ABSTRACT

Background: Menopause is a normal journey of a woman who did not get their period for 12 months after the day of last menstruation, in line with the increasing of age, of course, the organ function begins to show any significant change in physical or psychological, the number of women 503 555 souls, and women aged 45 - 64 years, there are 25.1% of menopausal women, it means 126 894 in Sleman who had menopause.

Introduction : Studies on 25 February 2013 in the Hamlet Tlogo, there are 7 mother and 5 (71.4%) from that can not accept the changes that happened yet, while 2 (48.5%) mothers menopause can not accept that.

Objective: To understand the mother attitude in face of the changes menopause psychology in Dukuh Tlogo, Ambarketawang, Gamping, Sleman, Yogyakarta.

Methods: This research uses descriptive method. The study population is menopausal mother in Dukuh Tlogo are totaling 35 respondents with the *total sampling* technique as much as 35 people. Questionnaires and measuring instruments using *univariate* analysis.

The results: mothers attitude in the face of changes in Dukuh Tlogo psychology of menopause showed a positive attitude as much as 28 respondents (80%).

Conclusions and suggestions: The majority of mothers have a positive attitude in the face of changes in the menopause psychology of Dukuh Tlogo. And to be expected to maintain that attitude, for women who are negative menopause is expected to be positive.

Keywords : Maternal Attitude, Psychology Changer, Menopause

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