

# TINGKAT KECEMASAN IBU PREMENOPAUSE MENGHADAPI PERUBAHAN FISIK MENOPAUSE DI DUSUN JATISAWIT BALECATUR GAMPING SLEMAN

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## INTISARI

**Latar Belakang:** Premenopause merupakan permulaan transisi dimulai (2-5) tahun sebelum masa menopause. Penurunan kadar estrogen akan mengganggu aktifitas kehidupan wanita sehingga menimbulkan gejala premenopause. Gejala semakin serius jika tidak ditangani karena dapat menimbulkan perubahan yang menyebabkan kecemasan. Gejala umum sering dialami wanita menopause yaitu gejalak panas (*hot flushes*) sebanyak 70%, sakit kepala sebanyak 70%, cepat lelah dan mudah lupa sebanyak 65%, berat badan bertambah sebanyak 60%, nyeri tulang serta otot sebanyak 50%, dan kesemutan sebanyak 25%.

**Tujuan:** Diketuinya tingkat kecemasan ibu premenopause menghadapi perubahan fisik menopause di Dusun Jati Sawit Balecatur Gamping Sleman.

**Metode:** Jenis penelitian deskriptif. Teknik pengumpulan data menggunakan probability sampling dengan metode cluster sampling dengan besar sampel sebanyak 55 ibu wanita 40-50 tahun. Pengumpulan data menggunakan kuesioner tertutup.

**Hasil:** hasil penelitian diketahui bahwa tingkat kecemasan ibu premenopause menghadapi perubahan fisik menopause adalah kecemasan sedang sebanyak 47,3% (26 dari 55 responden). Didapatkan masih banyak orang yang mengalami perasaan cemas. Seorang yang dapat menanggulangi kecemasan akan terfokus pada emosi individu yang berusaha mereduksi perasaan cemas melalui berbagai macam cara dan tidak secara langsung menghadapi masalah yang menimbulkan kecemasan.

**Kesimpulan:** Tingkat kecemasan ibu premenopause menghadapi perubahan fisik dalam tahap cemas sedang 26 responden atau (47,3%), sedangkan paling banyak dialami yaitu gejala fisik otot dengan tahap cemas panik 45 responden (81,8%).

**Kata Kunci:** Kecemasan, Premenopause, Menopause.

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# THE ANXIETY LEVEL OF PREMENOPAUSE WOMEN IN FACING MENOPAUSE PHYSICAL CHANGES IN JATISAWIT VILLAGE BALECATUR GAMPING SLEMAN

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## ABSTRACT

**Background :** Premenopause is the beginning transition of menopause phase that often begins between 2 until 5 years before the menopause phase. The decline in estrogen levels will disturb the activities of women's life so that it will cause the occurrence of premenopause symptoms. The symptoms will become more serious if it is not treated, because it could lead to changes which can cause the happening of anxiety. Common symptoms that often experienced by menopause women are: as many as 70% experienced in hot flushes, as many as 70% experienced in headache, as many as 65% experienced in fatigue and forgetfulness, as many as 60% experienced in gaining more weight, as many as 50% experienced in bones and muscles pain, and as many as 25% experienced in pins and needles.

**Aim :** To know the anxiety level of premenopause women in facing menopause physical changes in Jati Sawit village, Balecatuur, Gamping, Sleman.

**Methods :** This research was a descriptive research. The data sampling technique was using probability sampling with cluster sampling method with a sample group of 55 women aged from 40 to 50 years old. The data were collected using closed questionnaire.

**Results :** The research results showed that the anxiety level of premenopause women in facing menopause physical changes was in medium level of anxiety which was as many as 47,3% (26 from 55 respondents). It was known that there were still more people who experienced in the feeling of anxiety. A person who can cope with anxiety will be focused on the individual emotions that were tried to reduce the feelings of anxiety through various ways and did not directly deal with problems that can cause anxiety.

**Conclusion :** The anxiety level of premenopause women in facing menopause physical changes was in the moderate categorized of anxiety which was 26 respondents (47.3%), while the most experienced symptoms were muscle physical symptom with panic anxiety level phase which was 45 respondents (81.8%).

**Keywords :** Anxiety, Premenopause, Menopause

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