

**GAMBARAN DUKUNGAN SUAMI TERHADAP WANITA
PREMENOPAUSE MENGHADAPI MENOPAUSE
DI DEPOK ANBARKETAWANG GAMPING
SLEMAN**

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INTISARI

Latar Belakang: Premenopause merupakan permulaan transisi klimaterik, yang dimulai (2-5) tahun sebelum terjadi masa menopause. Ledakan menopause pada tahun-tahun mendatang sulit dibendung. WHO memperkirakan di tahun 2030 ada 1,2 miliar wanita berusia di atas 50 tahun. Hasil wawancara yang dilakukan didapatkan dari 10 responden ibu yang mendapatkan dukungan suami menghadapi menopause sebanyak 4 orang (40%) dan ibu yang tidak mendapatkan dukungan dari suami sebanyak 6 orang (60%).

Tujuan: Diketuinya dukungan suami terhadap wanita premenopause menghadapi menopause di Depok Ambarketawang Gamping Sleman.

Metode: Jenis penelitian merupakan deskriptif. Teknik pengambilan sampel menggunakan *non probability sampling* dengan metode *Quota sampling* dengan besar sampel sebanyak 61 ibu berusia 40 – 50 tahun. Pengumpulan data dengan menggunakan kuesioner tertutup dan analisa data adalah analisis *univariat*.

Hasil: Dukungan suami terhadap wanita premenopause yaitu dukungan informasional dalam kategori kurang sebanyak 31 responden (51,8%), dukungan penilaian dalam kategori baik sebanyak 35 responden (57,4%), dukungan instrumental dalam kategori baik sebanyak 32 responden (52,5%), dukungan emosional dalam kategori baik sebanyak 36 responden (59%).

Kesimpulan: Dukungan suami terhadap wanita premenopause menghadapi menopause dalam kategori kurang sebanyak 34 responden (54,7%).

Kata Kunci: Dukungan, Premenopause, Menopause

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HUSBAND SUPPORT OVERVIEW OF THE PREMENOPAUSE WOMEN IN FACING MENOPAUSE PHASE IN DEPOK AMBARKETAWANG GAMPING SLEMAN

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ABSTRACT

Background : Premenopause is the starting of climaterict transition, which usually started 2-5 years before the menopause phase occurance. The menopause blasting in the coming years is hard to prevent. WHO predicted that in the year 2030 there will be 1,2 billions of women that aged 50 years old or older. The results were obtained from the interviews of 10 housewives respondents which 4 person (40%) were supported by their husband in facing menopause and 6 person (60%) were not supported by their husband in facing menopause.

Aim : To knowing the husband support to their premenopause wives in facing menopause phase in Depok Ambarketawang Gamping Sleman.

Methods : This research was a kind of descriptive research. The sampling technique was using non probability sampling with quota sampling method with a samples of 61 housewives aged 40-50 years old. The data were obtained using closed questionnaire and univariate data analysis.

Results : The husband support to their premenopause houswives were; poor categorized informational support of 31 respondents (51.8%), good categorized valuation support of 35 respondents (57.4%), good categorized instrumental support of 32 respondents (52.5%), and good categorized emotional support of 36 respondents (59%).

Conclusion : The husband support to their premenopause housewives in facing menopause phase was moderate categorized of 34 respondents (54,7%).

Keywords : Support, Premenopause, Menopause

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