

ABSTRACT

RELATIONSHIP OF MENOPAUSE WITH THE KNOWLEDGE OF MATERNAL ATTITUDES DEALING WITH CHANGES IN THE MENOPAUSE IN HAMLET MLANGI SLEMAN, 2011

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Background: Menopause, women will experience physical and psychological changes as a result of estrogen deficiency. In 2010 the number of women aged between 50-55 years is estimated at 30.3 million, or approximately 15% of the total population of Indonesia. From interviews obtained eight mothers (80%) from ten premenopausal women who do not know about the changes in menopause. It can be assumed knowledge of mothers to changes in the menopause is still considered insufficient.

Research Objectives: Knowing the relationship between the level of knowledge with premenopausal women attitude in the face of changes in the hamlet Mlangi menopause, Nogotirto, Sleman, Yogyakarta in 2011.

Research Methods: The research method used is analytical survey research with cross sectional approach. The samples using accidental sampling technique that is all premenopausal women who follow the activities of the PKK at the time of the study, a sample of 35 people. Research instruments are questionnaires and the results were analyzed with Kendall's tau formula.

Research Findings: Based on the survey results revealed the majority of respondents have a poor knowledge that is equal to 16 people (45.7%). Mother's attitude changes during menopause menopause face a majority of respondents have a fairly good attitude that is equal to 16 people (45.7%). The results of Kendall's tau test p value = 0.037 ($p < 0.05$).

Conclusion: There is a significant relationship between level of knowledge of premenopausal women with attitude in the face of changes in menopause.

Suggestion: It is hoped the grant of extension of the changes of menopause in premenopausal women that premenopausal women can understand and handle the changes of menopause.

Keywords: Level of Knowledge, Attitude, Changes in Menopause Period

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ABSTRAK

HUBUNGAN TINGKAT PENGETAHUAN TENTANG MENOPAUSE DENGAN SIKAP IBU PREMENOPAUSE DALAM MENGHADAPI PERUBAHAN MASA MENOPAUSE DI DUKUH MLANGI SLEMAN TAHUN 2011

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Latar Belakang: Memasuki masa menopause, wanita akan mengalami perubahan fisik dan psikologis sebagai akibat kekurangan hormone estrogen. Pada tahun 2010 jumlah perempuan yang berusia diantara 50-55 tahun diperkirakan mencapai 30,3 juta atau kira-kira 15 % dari total penduduk Indonesia. Dari hasil wawancara didapatkan delapan ibu (80 %) dari sepuluh orang ibu premenopause yang tidak tahu tentang perubahan masa menopause. Hal ini dapat diasumsikan pengetahuan ibu terhadap perubahan masa menopause masih dianggap kurang.

Tujuan Penelitian: Mengetahui hubungan antara tingkat pengetahuan dengan sikap ibu premenopause dalam menghadapi perubahan masa menopause di dukuh Mlangi, Nogotirto, Sleman Yogyakarta tahun 2011.

Metode Penelitian: Metode penelitian yang digunakan adalah penelitian *survey analitik* dengan pendekatan *cross sectional*. Sampel penelitian menggunakan teknik *accidental sampling* yaitu semua ibu premenopause yang mengikuti kegiatan PKK pada saat penelitian, dengan jumlah sampel 35 orang. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan rumus *kendall's tau*.

Hasil Penelitian: Berdasarkan hasil penelitian diketahui mayoritas responden memiliki pengetahuan yang kurang baik yaitu sebesar 16 orang (45,7 %). Sikap ibu menopause menghadapi perubahan masa menopause mayoritas responden memiliki sikap yang cukup baik yaitu sebesar 16 orang (45,7 %). Hasil uji *kendall's tau* p value = 0,037 ($p < 0,05$).

Kesimpulan: Terdapat hubungan yang signifikan antara tingkat pengetahuan dengan sikap ibu premenopause dalam menghadapi perubahan masa menopause. **Saran:** Diharapkan adanya pemberian penyuluhan tentang perubahan masa menopause pada ibu premenopause sehingga ibu premenopause dapat memahami dan menangani tentang perubahan-perubahan masa menopause.

Kata Kunci : Tingkat Pengetahuan, Sikap, Perubahan Masa Menopause

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