

**Fakultas Kesehatan Universitas Ngudi Waluyo**

**Program Studi Keperawatan**

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## **GAMBARAN KONSEP DIRI IBU MENOPAUSE DI DESA SUMUR**

### **ABSTRAK**

**Latar belakang:** Indonesia data dari Badan Pusat Statistik menunjukkan ada 15,2 juta wanita dari 118 juta wanita mengalami menopause. Menopause tidak hanya ditandai dengan berhentinya menstruasi, wanita yang telah menopause juga mengalami banyak perubahan, mulai dari penampilan fisik, kondisi psikologis hingga hasrat seksual, Selain itu wanita yang sudah menopause juga tidak bisa hamil lagi. Perubahan yang terjadi ini dapat berdampak pada konsep diri ibu yang mengalaminya. Konsep diri terdiri dari citra diri, ideal diri, peran diri, identitas diri dan harga diri.

**Tujuan :** mengetahui gambaran konsep diri ibu menopause di Desa Sumur

**Desain penelitian :** kuantitatif dengan rancangan deskriptif. Populasi penelitian 157 ibu menopause di Desa Sumur dengan jumlah sampel 113 responden dengan teknik proporsional random sampling. Instrumen yang digunakan adalah kuesioner.

**Hasil:** Hasil penelitian didapatkan sebagian besar konsep diri pada ibu menopause sebagian besar 41 responden (36.3%), citra diri ibu menopause sebagian besar rendah sebanyak 60 responden (53.1%), ideal diri ibu menopause sebagian besar sedang sebanyak 41 responden (36.3%), peran diri ibu menopause sebagian besar tinggi sebanyak 52 responden (46%), identitas diri ibu menopause sebagian besar sedang sebanyak 46 responden (40.7%), harga diri ibu menopause sebagian besar rendah sebanyak 61 responden (54%)

**Kesimpulan :** konsep diri ibu menopause sebagian besar dalam katgeori sedang

**Saran :** Diharapkan pada peneliti selanjutnya dapat menggunakan metode penelitian kualitatif agar dapat menggali lebih dalam terkait dengan konsep diri ibu menopause

**Kata kunci :** Konsep Diri, Menopause

**Kepustakaan :** 28 pustaka

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## **SELF-CONCEPT IN POSTMENOPAUSAL WOMEN**

### **ABSTRACT**

**Background:** Data from Indonesia's Central Statistics Agency shows that out of 118 million women, 15.2 million women experience menopause. Menopause is not only marked by the cessation of menstruation, postmenopausal women also experience many changes, ranging from physical appearance, psychological condition to sexual desire. In addition, postmenopausal women also cannot get pregnant again. The changes that occur can have an impact on the self-concept of the mother who experiences it. Self-concept consists of self-image, self-ideal, self-role, self-identity and self-esteem..

**Objective:** to know the self-concept description of menopausal mothers in Sumur Village

**Research design:** quantitative with descriptive design. The study population were 157 postmenopausal women in Sumur Village with a total sample of 113 respondents used a proportional random sampling technique. The instrument used is a questionnaire.

**Results:** The results showed that most of the self-concept of menopausal women was mostly 41 respondents (36.3%), the self-image of menopausal women was mostly low by 60 respondents (53.1%), the self-ideal of menopausal women was mostly moderate by 41 respondents (36.3%) , the self-esteem of postmenopausal women was mostly high by 52 respondents (46%), the self-identity of menopausal women was mostly moderate by 46 respondents (40.7%), the self-esteem of menopausal women was mostly low by 61 respondents (54%).

**Conclusion:** the self-concept of postmenopausal mothers is mostly in the moderate category

**Suggestion:** It is hoped that future researchers can use qualitative research methods in order to dig deeper into the self-concept of postmenopausal women

**Keywords:** Self Concept, Menopause

**Libraries:** 28 libraries