

Hubungan Dukungan Suami dengan Kualitas Hidup Wanita Menopause di Kelurahan Penajam

Agustina¹, Vistra Vevtisia²

Program Studi Kebidanan Program Sarjana, Fakultas Kesehatan

Universitas Ngudi Waluyo Ungaran^{1,2}

thina9913@gmail.com¹, vistravef@gmail.com²

ABSTRAK

Latar Belakang : Kualitas hidup penting untuk diukur pada perempuan yang sudah memasuki masa menopause, agar dapat diupayakan tindakan peningkatan kualitas hidupnya. rendahnya kualitas hidup akan mempengaruhi kelangsungan hidup perempuan itu sendiri terkait dengan harapan hidupnya dan dapat menyebabkan berbagai macam gangguan penyakit. di Puskesmas Penajam didapatkan 10 ibu menopause mengalami gangguan yang berbeda – beda, 3 diantaranya mengatakan suaminya tidak peduli, dan 4 diantaranya mengatakan suaminya tidak memperhatikan dan memberikan empati.

Tujuan Penelitian : Untuk mengetahui hubungan dukungan suami dengan kualitas hidup wanita menopause di Kelurahan Penajam.

Metode Penelitian : Desain Penelitian yang digunakan dalam penelitian ini analitik korelasi dengan metode cross sectional. Populasi dalam penelitian ini adalah seluruh wanita menopause usia 40-55 tahun di Kelurahan Penajam sebanyak 30 RT dengan jumlah 678 orang. Teknik pengambilan sampel adalah propotionate random sampling, sampel sejumlah 87 orang, alat pengumpulan data menggunakan kuesioner, teknik analisa data bivariat menggunakan uji Chi Square.

Hasil Penelitian : Didapatkan hasil sebagian besar wanita menopause di Kelurahan Penajam tidak mendapatkan dukungan suami yaitu sebanyak 51 orang (58,6%), dan sebagian besar wanita menopause di Kelurahan Penajam memiliki kualitas hidup yang buruk sebanyak 56 orang (64,4%). Diperoleh nilai p value sebesar $0,000 < \alpha (0,05)$, maka H_0 ditolak, artinya ada hubungan yang signifikan antara dukungan suami dengan kualitas hidup wanita menopause.

Kesimpulan : Ada hubungan dukungan suami dengan kualitas hidup wanita menopause di Kelurahan Penajam dengan nilai signifikan p value 0,000. Hendaknya ibu mencari sumber informasi tambahan yang bisa membuat kualitas hidupnya lebih baik saat menopause.

Kata Kunci : Dukungan Suami, Kualitas Hidup, Wanita Menopaus

The Relationship between Husband's Support and the Quality of Life of Menopausal Women in Penajam Village

Agustina¹, Vistra Vevtisia²
Program Studi Kebidanan Program Sarjana, Fakultas Kesehatan
Universitas Ngudi Waluyo Ungaran^{1,2}
thina9913@gmail.com ¹, vistravef@gmail.com ²

ABSTRACK

Background: Quality of life is important to measure in women who have entered menopause, so that action can be taken to improve their quality of life. Low quality of life will affect the survival of women themselves in relation to their life expectancy and can cause various kinds of disease disorders. At the Penajam Community Health Center, it was found that 10 menopausal mothers experienced different disorders, 3 of them said their husbands didn't care, and 4 of them said their husbands didn't pay attention and provide empathy.

Research Objective: To determine the relationship between husband's support and the quality of life of menopausal women in Penajam Village.

Method: The research design used in this research is analytical correlation with a cross sectional method. The population in this study were all menopausal women aged 40-55 years in Penajam Village, 30 RTs with a total of 678 people. The sampling technique was proportional random sampling, a sample of 87 people, the data collection tool used a questionnaire, the bivariate data analysis technique used the Chi Square test.

Results: It was found that the majority of menopausal women in Penajam Village did not receive support from their husbands, namely 51 people (58.6%), and the majority of menopausal women in Penajam Village had a poor quality of life, 56 people (64.4%). Obtaining a p value of $0.000 < \alpha (0.05)$, then H_0 is rejected, meaning there is a significant relationship between husband's support and the quality of life of menopausal women.

Conclusion: There is a relationship between husband's support and the quality of life of menopausal women in Penajam Village with a significant p value of 0.000. Mothers should look for additional sources of information that can improve their quality of life during menopause.

Keywords: Husband's Support, Quality of Life, Menopausal Women