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HUBUNGAN PENDIDIKAN, PEKERJAAN DAN DUKUNGAN SUAMI DENGAN KESIAPAN WANITA MENGHADAPI MENOPAUSE DI DESA NGABLAK KELURAHAN CANDIREJO

ABSTRAK

Latar belakang : Ketika wanita memasuki usia 40 tahun, permasalahan yang terjadi di masa premenopause salah satunya permasalahan seksualitas, seksualitas yang mengakibatkan seorang wanita enggan untuk melakukan hubungan seksual dengan suaminya sehingga suaminya merasa kebutuhan seksualnya tidak terpenuhi yang berdampak adanya konflik, keegoisan serta adanya pisah ranjang dan bahkan bercerai. Peran dukungan suami dengan kesiapan wanita menghadapi premenopause antara lain tetap memberikan perhatian, mengerti keluhan yang dirasakan ibu serta memberikan semangat dan menemani ibu dalam menghadapi ketidaknyamanan masa premenopause.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan pendidikan, pekerjaan dan dukungan suami dengan kesiapan wanita menghadapi menopause di Desa Ngablak Kelurahan Candirejo

Metode : Rancangan penelitian ini adalah *cross sectional* dengan jumlah populasi 191 orang dengan metode *proportional random sampling* menghasilkan sampel 66 orang dari sampel yang di dapatkan terdapat 40 responden yang telah mengalami menopause dan 26 wanita yang lain akan memasuki periode menopause. Analisis data menggunakan alat ukur kuesioner, analisis bivariat menggunakan uji korelasi *Chi-Square* program *Statistic package for the social science (SPSS)*.

Hasil : Analisis univariat didapat sebagian besar wanita premenopause mengalami ketidaksiapan rendah sebanyak 23 orang (71,9%), dan sebagian besar dukungan suami dalam kategori kurang baik sebanyak 32 orang (48,5%). Analisis bivariat menunjukkan bahwa ada hubungan yang signifikan antara dukungan suami dengan kesiapan wanita menghadapi menopause ($p=0,003$)

Simpulan : Diharapkan dapat memberikan pembinaan dan penyuluhan tentang menopause, gejala-gejala menopause dan cara penanganan dari keluhan yang dirasakan ibu premenopause.

Kata Kunci : Dukungan suami, kesiapan premenopause.

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RELATIONSHIP BETWEEN EDUCATION, WORK AND HUSBAND'S SUPPORT WITH WOMEN'S READINESS TO FACE MENOPAUSE IN NGABLAK VILLAGE, CANDIREJO SUB-DISTRICT

ABSTRACT

Background: When women enter the age of 40, problems occur during premenopause. One of them is sexuality problems that cause a woman to be reluctant to have sexual relations with her husband so that her husband feels that his sexual needs are not met which results in conflict, selfishness and separation and even divorce. The role of husband's support with women's readiness to face premenopause includes continuing to provide attention, understanding the complaints felt by the mother and providing encouragement and accompanying the mother in facing the discomfort of premenopause.

Objective: This study aims to determine the relationship between education, employment and husband's support with women's readiness to face menopause in Ngablak Village, Candirejo Village.

Method: This study design is cross-sectional with a population of 191 people with a proportional random sampling method resulting in a sample of 66 people. Data analysis using a questionnaire measuring instrument, bivariate analysis using the Chi-Square correlation test of the Statistic package for the social science (SPSS) program.

Result: Univariate analysis found that most premenopausal women experienced low unpreparedness as many as 23 people (71.9%), and most husband's support was in the poor category as many as 32 people (48.5%). Bivariate analysis showed that there was a significant relationship between husband's support and women's readiness to face menopause ($p = 0.006$).

Conclusion: It is expected to provide guidance and counseling on menopause, symptoms of menopause and how to handle complaints felt by premenopausal mothers.

Keywords: Husband's support, premenopausal readiness.