

Universitas Ngudi Wluyo

Progam Studi Kebidanan Fakultas Kesehatan

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GAMBARAN PENGETAHUAN DAN SIKAP WANITA PREMENOPAUSE DALAM MENGAHADAPI PERUBAHAN PADA MASA MENOPAUSE DI PT. APAC INTI CORPORA

ABSTRAK

Latar belakang: berdasarkan hasil pengamatan dan wawancara awal, peneliti menemukan beberapa karyawan mengeluh mengalami menstruasi tidak teratur, sulit tidur (insomnia), nyeri pada persendian, dan mudah lelah. Gejala-gejala ini tidak hanya mengganggu kenyamanan pribadi, tetapi juga berpotensi menurunkan konsentrasi dan produktivitas kerja.

Tujuan Penelitian yaitu untuk mengetahui gambaran pengetahuan dan sikap wanita premenopause dalam menghadapi perubahan pada masa menopause di PT. Apac Inti Corpora.

Metode Penelitian ini menggunakan metode deskriptif kuantitatif dengan pendekatan *cross sectional*. Populasi adalah wanita premenopause, Sampel dalam penelitian ini berjumlah 36 responden yang diambil dengan teknik total sampling. Instrumen yang digunakan berupa kuesioner tertutup yang telah diuji validitas dan reliabilitasnya.

Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki pengetahuan dalam kategori cukup (57,5%) dan menunjukkan sikap positif (55%) dalam menghadapi masa menopause. Hasil ini menunjukkan bahwa wanita premenopause di PT. Apac Inti Corpora sudah memiliki kesiapan dalam menyambut fase menopause.

Kesimpulan wanita premenopause di PT. Apac Inti Corpora umumnya memiliki pengetahuan cukup dan sikap positif, namun edukasi tetap perlu ditingkatkan.

Kata Kunci: Pengetahuan, sikap, premenopause, menopause

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***AN OVERVIEW OF KNOWLEDGE AND ATTITUDES OF PREMENOPAUSAL WOMEN
IN FACING CHANGES DURING MENOPAUSE AT PT. APAC INTI CORPORA***

ABSTRACT

Background: Based on initial observations and interviews, the researcher found that several employees complained of experiencing irregular menstruation, difficulty sleeping (insomnia), joint pain, and fatigue. These symptoms not only disrupt personal comfort but also have the potential to reduce concentration and work productivity.

Purpose: To describe the knowledge and attitudes of premenopausal women in facing changes during menopause at PT. Apac Inti Corpora.

Methods: This study used a descriptive quantitative method with a cross-sectional approach. The population was premenopausal women, with a total sample of 36 respondents selected using a total sampling technique. The instrument used was a closed-ended questionnaire that had been tested for validity and reliability.

Results: The results showed that most respondents had a moderate level of knowledge (57.5%) and displayed a positive attitude (55%) toward menopause. This indicates that premenopausal women at PT. Apac Inti Corpora are relatively prepared to enter the menopausal phase.

Conclusion: Premenopausal women at PT. Apac Inti Corpora generally have moderate knowledge and a positive attitude, but further education is still needed.

Keywords: Knowledge, attitude, premenopause, menopause