

ABSTRAK

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Premenopause, menopause, dan postmenopause merupakan tiga fase yang akan dialami oleh wanita saat berusia 40 tahun hingga 50 tahun, Sebelum terjadi fase menopause biasanya didahului dengan fase premenopause.

Penelitian ini bertujuan untuk Mengetahui Perbedaan Sindrom Premenopause Pada Akseptor Kb Hormonal Dan Non Hormonal Di TpmB Febiyanti Mafikasari, Amd. Keb Kecamatan Tajinan Kabupaten Malang.

Desain penelitian yang digunakan yaitu desain penelitian survey analitik dengan pendekatan *Cross Sectional*. Jumlah sampel dalam penelitian ini sebanyak Akseptor Kb Hormonal Dan Non Hormonal Di TPMB Febiyanti Mafikasari, Amd. Keb menggunakan *purposive sampling*. Analisis data yang digunakan adalah uji uji *Paired Sample t Test*.

Hasil penelitian didapatkan hasil akseptor kb hormonal terbanyak dengan kategori tidak ada sindroma premenopause sejumlah 18 responden dengan presentase 78,3% serta kategori ringan sebanyak 5 orang dengan presentase 21,7% serta kb non hormonal dengan kategori tidak ada dan sedang sejumlah 4 responden dengan presentase 17,4% ringan sejumlah 13 responden dengan presentase 56,5% dan berat sejumlah 2 responden dengan presentase 8,7%. Dengan uji independent sample *t-test p value* ($0,043 < 0,05$) maka H_0 ditolak, artinya terdapat perbedaan perbedaan sindrom premenopause pada akseptor kb hormonal dan non hormonal di tpmB febiyanti mafikasari, amd. Keb kecamatan tajinan.

Berdasarkan hasil penelitian dapat disimpulkan ada perbedaan yang signifikan antara sindroma premenopause pada sceptor hormonal dan non hormonal. Sehingga petugas kesehatan dapat mengedukasi terkait cara mengatasi sindroma prememenopause dan menggerakkan askeptor KB untuk menerapkan pola hidup sehat dan rajin berolahraga.

Kata Kunci : Kb Hormonal, Non Hormonal, Sindroma Premenopause

ABSTRACT

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Premenopause, menopause, and postmenopause are three phases that will be experienced by women when they are 40 to 50 years old. Before the menopause phase occurs, it is usually preceded by the premenopause phase.

This study aims to determine the differences in premenopause syndrome in hormonal and non-hormonal birth control acceptors at TPMB Febiyanti Mafikasari, Amd. Keb, Tajinan District, Malang Regency.

The research design used was an analytical survey research design with a cross-sectional approach. The number of samples in this study was as many as hormonal and non-hormonal birth control acceptors at TPMB Febiyanti Mafikasari, Amd. Keb using purposive sampling. The data analysis used was the Paired Sample t Test.

The results of the study obtained the results of the most hormonal KB acceptors with the category of no premenopause syndrome of 18 respondents with a percentage of 78.3% and a mild category of 5 people with a percentage of 21.7% and non-hormonal KB with the category of none and moderate of 4 respondents with a percentage of 17.4% mild of 13 respondents with a percentage of 56.5% and severe of 2 respondents with a percentage of 8.7%. With the independent sample t-test p value ($0.043 < 0.05$) then H_0 is rejected, meaning that there are differences in premenopause syndrome in hormonal and non-hormonal KB acceptors at TPMB Febiyanti Mafikasari, AMD. Keb, Tajinan District.

Based on the results of the study, it can be concluded that there are significant differences between premenopause syndrome in hormonal and non-hormonal KB acceptors. So that health workers can educate regarding how to overcome premenopause syndrome and encourage KB acceptors to implement a healthy lifestyle and exercise diligently.

Keywords: Hormonal KB, Non-Hormonal, Premenopause Syndrome