

ABSTRAK

PENGARUH PEMBERIAN BOVINE COLLAGEN TERHADAP PENURUNAN TINGKAT KELUHAN MENOPAUSE PADA WANITA MENOPAUSE DI DESA SLAMPAREJO KAB. MALANG

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Menopause adalah kejadian penurunan fungsi ovarium dan merupakan fase peralihan dari masa reproduktif menuju ke masa nonreproduktif yang ditandai dengan berhentinya menstruasi, wanita umumnya mengalami menopause pada rentang usia 45 – 55 tahun. Penelitian ini bertujuan untuk mengetahui “Pengaruh Pemberian Bovine Collagen Terhadap Penurunan Tingkat Keluhan Menopause Pada Wanita Menopause Di Desa Slamparejo Kab. Malang”. Adapun metode pengumpulan data dengan cara survei langsung di posyandu lansia, memberikan *informed consent* menerangkan maksud dan tujuan, pengisian menopause rating scale sebelum pemberian bovine collagen, serta pemberian bovine collagen dengan dosis sehari 3x1 tablet selama 15 hari. Teknik pengolahan data melalui tahapan *Editing*, *Coding*, *Scrolling* dan *Tabulating*. Analisis data menggunakan uji statistik *T-test* analisis univariat dan analisis bivariat. Hasil analisis penelitian menunjukkan tingkat keluhan menopause sebelum pemberian bovine collagen paling tinggi adalah masalah tidur sebanyak 19 orang (63,33%) berada pada tingkat sedang, keluhan *hot flush* sebanyak 17 orang (56,67%) dalam tingkatan sedang, masalah pada pesendian dan otot sebanyak 16 orang, dan jantung berdebar sebanyak 14 orang. Analisis pengaruh bovine collagen terhadap penurunan tingkat keluhan menopause secara statistic Menopause Rating Scale (MRS) ada pengaruh pemberian bovine collagen terhadap penurunan tingkat keluhan menopause pada wanita menopause. Hasil uji t-hitung= 11.631, p-value= 0.0001 (< 0.05).

Kata Kunci: Bovine Collagen, Wanita Menopause.

ABSTRACT

THE EFFECT OF GIVING BOVINE COLLAGEN ON DECREASE IN THE RATE OF MENOPAUSAL COMPLAINTS IN MENOPAUSAL WOMEN IN SLAMPAREJO VILLAGE, MALANG REGENCY

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Menopause is an event of decreased ovarian function and is a transition phase from the reproductive period to the nonreproductive period which is marked by the cessation of menstruation, women generally experience menopause in the age range of 45-55 years. This study aims to determine "The Effect of Bovine Collagen Administration on Reducing the Level of Menopausal Complaints in Menopausal Women in Slamparejo Village, Malang Regency". The data collection method was by direct survey at the elderly posyandu, providing informed consent explaining the intent and purpose, filling out the menopause rating scale before administering bovine collagen, and administering bovine collagen at a dose of 3x1 tablet per day for 15 days. Data processing techniques through the stages of Editing, Coding, Scrolling and Tabulating. Data analysis using statistical tests T-test univariate analysis and bivariate analysis. The results of the research analysis showed that the highest level of menopausal complaints before giving bovine collagen were sleep problems as many as 19 people (63.33%) at a moderate level, hot flush complaints as many as 17 people (56.67%) at a moderate level, joint and muscle problems as many as 16 people, and heart palpitations as many as 14 people. Analysis of the effect of bovine collagen on reducing the level of menopausal complaints statistically Menopause Rating Scale (MRS) there is an effect of giving bovine collagen on reducing the level of menopausal complaints in menopausal women. The results of the t-test = 11,631, p-value = 0.0001 (<0.05).

Keywords: Bovine Collagen, Menopausal Women.