

ABSTRAK

PENGARUH DUKUNGAN SUAMI TERHADAP SIKAP IBU DALAM MENGHADAPI MASA MENOPAUSE DI POSYANDU MUTIARA HATI KELURAHAN V PESANTREN

Maria Dolorosa Lelu

Nining Istighosah, .SST, .M.Keb

Prodi D III Kebidanan, Fakultas Keperawatan dan Kebidanan

Universitas Strada Indonesia

Email:

Sebagian besar wanita merasa takut saat menghadapi menopause, sehingga banyak masalah yang sederhana menjadi hal yang begitu besar dan bahkan bisa membuat seorang wanita menjadi putus asa menghadapi menopause. Menopause berdampak stres psikologis, mempengaruhi seluruh aspek kehidupan sehingga berpotensi menimbulkan kecemasan. Tujuan penelitian ini untuk mengetahui pengaruh dukungan suami terhadap sikap ibu dalam menghadapi masa menopause.

Rancangan penelitian menggunakan analitik korelasional dengan pendekatan *cross sectional*. Variabel bebas pada penelitian ini yaitu dukungan suami, sedangkan variabel terikatnya yaitu sikap dalam menghadapi menopause. Populasi dalam penelitian ini adalah semua wanita usia 40-55 tahun di Posyandu Mutiara Hati Kelurahan V Pesantren Kota Kediri, sampel 36 responden dengan teknik *purposive sampling*. Teknik pengambilan data menggunakan kuesioner dan analisis data menggunakan uji spearman rank.

Hasil penelitian menunjukkan bahwa sebagian besar responden (75,0%) mendapatkan dukungan dari suami yang baik dan hampir seluruh responden (77,8%) memiliki sikap yang baik dalam menghadapi menopause.

Hasil analisis data menggunakan uji sperman rank diperoleh nilai sig (2-tailed) atau $p = 0,000$ dan taraf kesalahan atau $\alpha = 0,05$, jadi $p < \alpha$, $0,000 < 0,05$ sehingga H1 diterima, artinya ada pengaruh dukungan suami terhadap sikap ibu dalam menghadapi masa menopause di Posyandu Mutiara Hati Kelurahan V Pesantren Kota Kota Kediri Jawa Timur. Nilai *coefficient correlation* sebesar 0,595 artinya kekuatan hubungan termasuk kategori cukup kuat.

Suami yang memberikan dukungan sosial yang tinggi sehingga para wanita semakin rendah tingkat kecemasannya dalam menghadapi masa menopause. misalnya dengan memberikan lebih banyak perhatian, memberikan motivasi dan memberikan informasi seputar menopause.

Kata kunci : Dukungan Suami, Sikap, Menopause

ABSTRACT

INFLUENCE OF HUSBAND'S SUPPORT ON THE MOTHER'S ATTITUDE IN FACING MENOPAUSE AT THE MUTIARA HATI INTEGRATED SERVICE POST

Maria Dolorosa Lelu

Nining Istighosah,.SST,.M.Keb

D III Midwifery Study Program, Faculty of Nursing and Midwifery

University of Strada Indonesia

Email:

Menopause was defined as the cessation of menstruation for 12 months alternately due to a decrease in the estrogen life line. Before entering menopause, women experience climacteric first among physical symptoms or psychological or sexual complaints. The purpose of this study was to determine the influence of husband's support on mothers' attitudes in facing menopause.

The research design used correlational analytic with a cross-sectional approach. The independent variable in this study was husband's support, while the dependent variable was attitude in facing menopause. The population in this study were all women aged 40-55 years at the Mutiara Hati Integrated Service Post, Kediri City, a sample of 36 respondents with a purposive sampling technique. The data collection technique used a questionnaire and data analysis used the Spearman rank test.

The results showed that most respondents (75.0%) received good support from their husbands and almost all respondents (77.8%) had a good attitude in facing menopause.

The results of data analysis using the Spearman rank test obtained a sig value (2-tailed) or $p = 0.000$ and an error rate or $\alpha = 0.05$, so $p < \alpha$, $0.000 < 0.05$ so that H1 was accepted, meaning that there was an influence of husband's support on the mother's attitude in facing menopause at the Mutiara Hati Integrated Service Post,

Pesantren, Kediri City, East Java. The coefficient correlation value of 0.595 means that the strength of the relationship is included in the fairly strong category.

Husbands who provide high social support so that women have lower levels of anxiety in facing menopause. for example by giving more attention, giving motivation and giving information about menopause.

Keywords: Husband Support, Attitude, Menopause