

ABSTRAK

Seiring dengan peningkatan UHH, banyak kejadian penyakit terutama pada wanita yang berhubungan dengan penurunan kadar hormon estrogen, yang dimulai pada usia 40 tahun sehingga memerlukan persiapan dan pengetahuan yang memadai untuk menghadapinya. Tujuan penelitian ini menganalisis hubungan pengetahuan dan sikap tentang *menopause* dengan kesiapan ibu *pre menopause* menghadapi *menopause* di Desa Mergoasri Kecamatan Parengan Kabupaten Tuban.

Jenis penelitian ini observasional analitik dengan rancangan penelitian *cross sectional*. Populasi 185 orang dengan sampel 65, menggunakan tehnik *simple random sampling*. Variabel independent penelitian ini adalah pengetahuan dan sikap, sedangkan variable dependent adalah kesiapan menghadapi *menopause*. Analisis data menggunakan Uji *Coefisient Contingency*.

Hasil penelitian menunjukkan bahwa sebagian besar ibu mempunyai tingkat pengetahuan kurang 34 orang (52,3%), sikap yang negative pada lebih dari sebagian 39 orang (60,0%) dan tidak siap menghadapi *menopause* sebanyak 41 orang (63,1%). Berdasarkan uji statistik *Coefisient Contingency* didapatkan hasil, ada hubungan pengetahuan terhadap kesiapan dalam menghadapi masa *menopause* ($p\ value = 0,000$), dan ada hubungan antara sikap ibu *premenopause* terhadap kesiapan dalam menghadapi masa *menopause* ($p\ value = 0,000$).

Diharapkan tenaga kesehatan meningkatkan pemberian informasi tentang *menopause* mengenai perubahan fisik yang dialami pada masa *menopause* dan ibu-ibu *premenopause* agar lebih siap menghadapi perubahan fisik yang terjadi.

Kata Kunci : *Pengetahuan, Sikap, Kesiapan Menopause*

ABSTRACT

As UHH increases, many disease events especially in women are associated with a decrease in estrogen levels, which begin at the age of 40 so that they require adequate preparation and knowledge to deal with them. The purpose of this study is to analyze the relationship between knowledge and attitudes about menopause with pre-menopausal mothers' readiness to face menopause in Mergoasri Village, Parengan District, Tuban Regency.

This type of research is observational analytic with cross sectional research design. A population of 185 people with a sample of 65, used a simple random sampling technique. The independent variable of this study was knowledge and attitude, while the dependent variable was readiness to face menopause. Data analysis uses the Coefficient Contingency Test.

The results showed that most of the mothers had a level of knowledge of less than 34 people (52.3%), negative attitudes in more than 39 people (60.0%) and 41 people (63.1%) were not ready to face menopause. Based on the Coefficient Contingency statistical test the results are obtained, there is a relationship of knowledge to readiness in facing menopause (p value = 0,000), and there is a relationship between the attitude of premenopausal mothers to readiness in facing menopause (p value = 0,000).

It is expected that health workers increase the provision of information about menopause regarding physical changes experienced during menopause and premenopausal mothers to be better prepared to deal with the physical changes that occur.

Key Word : knowledge, attitude, preparedness menopause