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Hubungan Pengetahuan Dengan Sikap Ibu Premenopause Di Kecamatan Senapelan
Pekanbaru

xiv+50 halaman+11 Tabel+ 2 Skema+ +9 Lampiran

ABSTRAK

Setiap wanita akan mengalami proses penuaan yang disebabkan oleh perubahan hormon pada wanita. Memasuki usia akhir 30 tahun, kinerja ovarium akan berkurang dan akhirnya berhenti memproduksi hormon rentang usia 50 tahun. Banyak ibu-ibu yang mengalami menopause menjadi seorang yang mudah mengalami cemas. Salah satu penyebab kecemasan pada ibu premenopause adalah pengetahuan dan sikap ibu yang kurang tentang fisiologi menopause. Sindroma menopause dialami oleh banyak wanita hampir di seluruh dunia, sekitar 70-80% wanita Eropa, 60% wanita di Amerika, 57% wanita di Malaysia, 18% wanita di Cina, 10% wanita di Jepang dan Indonesia. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan dengan sikap ibu premenopause di Kecamatan Senapelan Pekanbaru. Jenis penelitian kuantitatif, dan desain *cross sectional*. Populasi adalah ibu premenopause dan sampel sebanyak 93 orang. Instrumen penelitian menggunakan kuesioner. Analisa data dilakukan secara univariat dan bivariat dengan uji *chi square*. Hasil univariat didapatkan mayoritas dalam kelompok berpengetahuan kurang sebanyak 76,6% dan sikap yang negatif sebanyak 56,4%. Hasil bivariat didapatkan ada hubungan pengetahuan dengan sikap ibu premenopause di Kecamatan Senapelan Pekanbaru, dengan $p\text{-value} = 0,000 < 0,05$. Disarankan kepada petugas kesehatan di wilayah kerja Puskesmas Senapelan agar mengadakan sosialisasi kepada seluruh ibu pra lansia tentang masa menopause.

Kata Kunci : Pengetahuan, Sikap dan Premenopause
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*The Relationship Between Knowledge And Attitudes Of Premenopausal Mothers In
Senapelan District, Pekanbaru*

xiv+50 pages+11 Tables+2 Schemes++9 Appendices

ABSTRACT

Every woman will experience the aging process caused by hormonal changes in women. Entering the final age of 30 years, the performance of the ovaries will decrease and eventually stop producing hormones at the age of 50 years. Many mothers who experience menopause become people who experience anxiety easily. One of the causes of anxiety in premenopausal mothers is the mother's lack of knowledge and attitudes about the physiology of menopause. Menopausal syndrome is experienced by many women almost all over the world, around 70-80% of European women, 60% of women in America, 57% of women in Malaysia, 18% of women in China, 10% of women in Japan and Indonesia. This study aims to determine the relationship between knowledge and attitudes of premenopausal mothers in Senapelan District, Pekanbaru. Quantitative research type, and cross sectional design. The population was premenopausal mothers and the sample was 93 people. The research instrument used a questionnaire. Data analysis was carried out univariate and bivariate using the chi square test. Univariate results were obtained by more than half in the group with less knowledge, 76.6% and negative attitudes, 56.4%. The bivariate results obtained were the relationship between knowledge and attitudes of premenopausal mothers in Senapelan District, Pekanbaru, with $p\text{-value}=0.000<0.05$. It is recommended that health workers in the Senapelan Community Health Center work area conduct outreach to all pre-elderly mothers about the menopause period.

Keywords : Knowledge, Attitude and Premenopause
Bibliography: 26 (2016-2023)