

**PROGRAM STUDI SARJANAN KEBIDANAN FAKULTAS KESEHATAN  
DAN INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI  
PEKANBARU**

**Penelitian, 17 Agustus 2025**

**Khoiri Ningsih**

**Pengaruh Media Booklet Terhadap Pengetahuan Wanita Usia Subur Tentang  
Masa Menopause di Wilayah Kerja Puskesmas Limapuluh Kota Pekanbaru**

**iv + 47 Halaman + 11 Tabel + 11 Lampiran**

**ABSTRAK**

Menopause merupakan proses biologis alami yang berdampak signifikan terhadap aspek fisik, psikologis, dan sosial perempuan. Namun, banyak wanita usia subur belum memiliki pengetahuan yang memadai tentang masa transisi ini. Penelitian ini bertujuan untuk mengetahui pengaruh media booklet terhadap peningkatan pengetahuan wanita usia subur tentang menopause di wilayah kerja Puskesmas Limapuluh Kota Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain *quasi experiment* one group pre-test post-test. Sampel berjumlah 99 responden, dipilih secara purposive sampling. Data dianalisis menggunakan uji Wilcoxon karena hasil uji normalitas menunjukkan data tidak terdistribusi normal. Hasil uji Wilcoxon menunjukkan nilai Z sebesar -7.625 dan *Asymp. Sig* (2-tailed) 0,000 ( $p < 0,05$ ), yang berarti terdapat pengaruh signifikan booklet terhadap peningkatan pengetahuan responden. Kesimpulan, media booklet efektif meningkatkan pengetahuan wanita usia subur tentang menopause. Intervensi edukatif berbasis media cetak ini direkomendasikan sebagai strategi promosi kesehatan di tingkat pelayanan primer.

**Kata Kunci** : Menopause, Pengetahuan, Booklet, WUS

Daftar Bacaan : 38 (2017-2024)

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PEKANBARU**

**Research, 17 Auguts 2025**

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***The Influence of Booklet Media on the Knowledge of Women of Childbearing Age About Menopause in the Work Area of Limapuluh Kota Community Health Center, Pekanbaru***

***v + 47 schemes+ 11 table + 11 appendixes***

**ABSTRACT**

*Menopause is a natural biological process that significantly impacts women's physical, psychological, and social aspects. However, many women of childbearing age lack adequate knowledge about this transition. This study aimed to determine the effect of booklets on improving the knowledge of childbearing age women about menopause in the Limapuluh Kota Community Health Center (Puskesmas) in Pekanbaru. This study used a quantitative method with a quasi-experimental one-group pre-test post-test design. The sample consisted of 99 respondents, selected using purposive sampling. Data were analyzed using the Wilcoxon test because the normality test results indicated the data were not normally distributed. The Wilcoxon test results showed a Z-value of -7.625 and an Asymp. Sig. (2-tailed) of 0.000 ( $p < 0.05$ ), indicating a significant effect of booklets on improving respondents' knowledge. In conclusion, booklets are effective in improving the knowledge of childbearing age women about menopause. This print-based educational intervention is recommended as a health promotion strategy at the primary care level.*

**Keywords** : Menopause, Knowledge, Booklet, WUS

**References** : 38 (2017-2024)