

Gambaran pengetahuan dan perilaku mencari pelayanan kesehatan tentang menopause pada perempuan premenopause di Kelurahan Rawa Badak Selatan = An overview of premenopausal women's knowledge and health care seeking behavior towards menopause in South Rawa Badak Village North Jakarta

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Abstrak

Pengetahuan tentang menopause dan perilaku mencari pelayanan kesehatan merupakan hal penting bagi perempuan premenopause. Penelitian ini bertujuan mengetahui gambaran pengetahuan, dan perilaku pencarian pelayanan kesehatan terkait menopause pada perempuan premenopause. Penelitian menggunakan desain deskriptif sederhana dengan jumlah sampel 104 orang secara non random sampling - quota sampling. Hasil penelitian menunjukkan mayoritas responden berpengetahuan baik tentang pengertian menopause (57,7%), namun hanya sedikit yang berpengetahuan baik tentang gejala (3,8%) dan terapi (13,5%) menopause. Mayoritas responden mengalami keluhan menopause (94,2%) dan melakukan pengobatan melalui warung obat untuk mengatasi keluhan menopause (26,9%). Petugas kesehatan diharapkan meningkatkan pemberian edukasi tentang menopause kepada perempuan premenopause.

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Knowledge about menopause and health care seeking behavior are important for premenopausal women. This study aimed to describe knowledge and health care seeking behavior related to menopause in premenopausal women. This study applied a simple descriptive design with 104 samples, selected by a non random sampling with quota sampling approach. The result showed that majority of respondents had good knowledge about the definition of menopause (57,7%), but only a few respondents had good knowledge about the symptoms (3,8%) and the treatments (13,5%) of menopause. The most respondents experienced menopausal complaints (94,2%) and received treatments through a drug store to solve their menopausal complaints (26,9%). Health professionals are expected to improve the education provision about menopause to premenopausal women.