

Gambaran Keluhan Kesehatan Ibu Rumah Tangga pada Masa Menopause di Kelurahan Pisangan Timur, Jakarta Timur = The Health Problems of the Housewives in Menopause Period in Pisangan Timur Village, Pulogadung Subdistrict, East Jakarta

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Abstrak

Menopause merupakan periode saat berhentinya menstruasi selama 12 bulan berturut-turut akibat penurunan kadar hormon estrogen dan progesterone. Penurunan kadar hormon tersebut menimbulkan gejala yang seringkali menyebabkan keluhan bagi perempuan pada masa menopause. Penelitian ini dilakukan untuk mengetahui gambaran keluhan kesehatan ibu rumah tangga pada masa menopause di Kelurahan Pisangan Timur, Kecamatan Pulogadung, Jakarta Timur. Penelitian ini menggunakan metode survei deskriptif dengan sampel sebanyak 117 ibu rumah tangga berusia 40-65 tahun yang dipilih secara quota sampling. Hasil menunjukkan bahwa 56% ibu rumah tangga mengalami keluhan kesehatan yang tinggi, sedangkan 44% lainnya mengalami keluhan kesehatan yang rendah. Penelitian ini menyarankan diadakannya penyuluhan tentang menopause sebagai pendidikan kesehatan bagi ibu rumah tangga yang mengalami keluhan kesehatan pada masa menopause.

.....Menopause is a period when menstruation stops for twelve consecutive months due to the decline of the production of estrogen and progesterone. This decline can generate symptoms that repeatedly cause problems for women in their menopause period. In response to this phenomenon, this research was conducted to get a picture of what health problems are experienced by housewives in Pisangan Timur village, Pulogadung subdistrict, East Jakarta in their menopause period. A descriptive survey was used and 117 housewives between the ages of forty to sixty five years old living in the area were selected as the respondents based on quota sampling technique. The findings demonstrate that 56% of the respondents experience high problems, whereas 44% of them experience low problems. The research, therefore, suggests that seminar on menopause as a health education for housewives who suffer from health problems in their menopause period is important.