

Gambaran fungsi seksual perempuan menopause = Description of female sexual function on menopausal woman / Siti Nurul A'ini

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Abstrak

ABSTRAK

Menopause merupakan periode normal pada perempuan ditandai dengan berhentinya siklus menstruasi selama 12 bulan. Menopause mengakibatkan organ reproduksi secara anatomi dan fungsi berubah sehingga mempengaruhi fungsi seksual perempuan. Penelitian ini bertujuan untuk menggambarkan fungsi seksual perempuan menopause di Kelurahan Depok dan Pancoran Mas, menggunakan metode survei deskriptif, cross-sectional, dengan sampel sebanyak 106 responden, dipilih secara consecutive sampling. Instrumen yang digunakan adalah Female Sexual Function Index. Hasil penelitian dengan analisis univariat menunjukkan bahwa 90,6 % memiliki resiko disfungsi seksual, sedangkan 9,4% memiliki fungsi seksual normal. Penyuluhan dan konseling masalah seksualitas penting dilakukan sebagai upaya memberikan pendidikan kesehatan bagi perempuan usia menopause.

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ABSTRACT

Menopause is a normal period when menstrual cycle was absent for twelve months consecutively. Menopause causes reproduction organs to change anatomically and functionally thus affects female sexual function. In response, this research was conducted to describe the characteristics and sexual function of menopausal woman in Depok and Pancoran Mas sub-districts. It uses descriptive survey design with cross-sectional approach on 106 respondents chosen by consecutive sampling technique. The respondents were interviewed using Female Sexual Function Index. Findings, with univariate analysis, demonstrates that 90,6 % respondents have risk for sexual dysfunction while only 9,4 % respondents have normal sexual function. This research suggests it is important to conduct seminar and counseling activities regarding sexuality issues as an effort to educate menopausal woman.