

Pengembangan "paket kemilau senja" dan pengaruhnya terhadap pemahaman serta kemampuan mengatasi permasalahan perempuan menopause di Jakarta Timur = Development of the kemilau senja package and its effect on the understanding and the ability to handle problems of women with menopause in East Jakarta

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Abstrak

Bertambahnya populasi usia lanjut memberikan tantangan baru bagi tenaga kesehatan dan pemberi layanan kesehatan, agar proses aging yang dialami tidak memberikan dampak pada kerentanan status kesehatan. Tujuan penelitian mengembangkan "Paket Kemilau Senja" dan pengaruhnya terhadap pemahaman serta kemampuan mengatasi permasalahan perempuan menopause di Jakarta Timur. Pengumpulan data dilakukan secara kuantitatif dan kualitatif. Besar sampel kuantitatif 291 responden, yang terdiri dari 158 kelompok intervensi dan 133 kelompok kontrol serta 10 orang partisipan. Hasil tahap I diperoleh pengembangan "Paket Kemilau Senja" untuk perempuan menopause. Hasil tahap II pada kelompok intervensi terdapat perbedaan kemampuan mengatasi permasalahan masa menopause sebelum dan sesudah diberikan "Paket Kemilau Senja" dalam permasalahan: fisik ($p=0,002$), seksual ($p=0,036$) dan psikologis ($p=0,004$), selanjutnya pada kelompok intervensi dan kontrol terdapat perbedaan kemampuan mengatasi permasalahan: fisik ($p=0,041$), seksual ($p=0,001$) dan psikologis ($p=0,000$). Data kuantitatif tersebut juga didukung oleh pernyataan partisipan tentang adanya penurunan terhadap permasalahan fisik, seksual dan psikologis setelah diberikan intervensi "Paket Kemilau Senja". Rekomendasi "Paket Kemilau Senja" agar didesiminasikan kepada petugas kesehatan dan masyarakat untuk meningkatkan kesejahteraan hidup perempuan menopause.

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The growing size of elderly population has brought new challenges to health care personnel in general and specifically in order to keep the process of aging toward the fragility of their health status. The aim of this study was to develop the "Kemilau Senja Package" or the "Serenade Package" and its effect on nursing comprehension and ability to overcome problems of women who experience menopause in East Jakarta. Data was collected through quantitative and qualitative methods. The quantitative sample size was 291 respondents that consisted of 158 subjects in the intervention group and 133 subjects in the control group whereas for qualitative methods was participated by 10 participants. The product of the 1st stage of the study was a "Kemilau Senja Package" for women who experience menopause, while the results of the 2nd stage of study demonstrated that there is a different ability to overcome problems between before and after receiving the "Kemilau Senja Package", on problems: physical ($p=0.000$), sexual ($p=0.001$) and psychological ($p=0.000$). Further, there is different ability between the intervention and control group in overcoming problems: physical ($p=0.000$), sexual ($p=0.000$) and psychological ($p=0.000$). The quantitative finding was also supported with the statement of participants on the presence of reduced physical, sexual and psychological problems after receiving the intervention of the "Kemilau Senja Package". Based on the finding, it's strong recommendation to disseminate the "Kemilau Senja Package" to Health Care providers and the community in regard to improving the quality of life of women who experience menopause.