

Pengalaman seksualitas perempuan menopause / Puspita Palupi, Yati Afiyanti, Imami Nur Rachmawati

Puspita Palupi, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20449433&lokasi=lokal>

Abstrak

Penelitian ini bertujuan untuk memperoleh gambaran makna dan arti pengalaman seksualitas perempuan menopause. Sebanyak delapan perempuan yang mengalami menopause paling lama tiga tahun berpartisipasi dalam penelitian fenomenologi deskriptif ini melalui wawancara mendalam. Partisipan diperoleh melalui purposive sampling. Data dianalisis dengan metode Collaizi. Hasil penelitian menemukan enam tema: 1) Makna hubungan seksual; 2) Perubahan siklus respon seksual pada masa menopause; 3) Dimensi psikologis dalam seksualitas; 4) Dimensi sosiokultural dalam seksualitas; 5) Kebahagiaan seksualitas pada masa menopause; dan 6) Kebutuhan informasi tentang pelayanan kesehatan seksual. Hasil ini memberikan gambaran pentingnya perawat maternitas memahami dimensi seksualitas perempuan menopause untuk meningkatkan kualitas hidup mereka. Diperlukan penelitian selanjutnya terutama yang mengeksplorasi secara mendalam dimensi seksualitas khususnya psikologis dan sosiokultural pada perempuan menopause.

Sexuality Experiences of Menopausal Women. The objective of this research was to obtain the sense and meaning of sexual experiences of menopausal women. The researcher applied a phenomenological descriptive design. Data were collected using in-depth interview method. The participants were menopausal women up to three years of menopausal time obtained through a purposive sampling. Data were analyzed using a Collaizi's technique. Six themes were identified: 1) meaning of sexual relationship; 2) changes of sexual cycle responses in menopause; 3) psychological dimension of sexuality; 4) socio-cultural dimension of sexuality; 5) sexuality happiness in menopause; 6) and informational needs of sexual health service. The results suggest that health workers especially maternity nurses should understand sexuality dimension of menopausal women in order to improve their quality of life. A further research on exploration of sexuality dimension especially psychological and socio-cultural dimension on menopausal women is required.