

# Survei Persepsi dan Sikap Pasien Sindrom Ovarium Polikistik (SOPK) Terhadap Gangguan Haid dan Gangguan Kesuburan = Survey of Perceptions and Attitudes of Polycystic Ovary Syndrome (PCOS) Patients Against Menstrual and Fertility Problems

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## Abstrak

Sindrom ovarium polikistik (SOPK) merupakan suatu kelainan endokrin yang sering dijumpai pada perempuan usia reproduksi. Masalah yang sering dijumpai adalah gangguan haid dan gangguan kesuburan. Persepsi dan sikap pasien dapat berbeda-beda. Kurangnya informasi, latar belakang pendidikan, dan sumber informasi juga dapat berdampak pada persepsi dan sikap pasien. Akan tetapi, data mengenai gambaran persepsi dan sikap pada pasien SOPK masih sulit diperoleh karena penelitian-penelitian dalam hal tersebut masih belum ada di Indonesia. Oleh karena itu, dengan penelitian ini diharapkan dapat diperoleh gambaran mengenai persepsi dan sikap terhadap gangguan haid dan gangguan kesuburan pada pasien SOPK, sehingga dapat meningkatkan kualitas pasien yang nantinya berdampak pada persepsi dan sikapnya dalam manajemen tatalaksana terapeutik SOPK. Dilakukan studi potong lintang pada 241 subyek penelitian yang diperoleh melalui akun media sosial Instagram "pcosfighterindonesia". Dilakukan pengumpulan sejumlah variable data seperti usia, IMT, pendidikan terakhir, riwayat penyakit, sumber informasi, serta persepsi dan sikap subyek penelitian. Diperoleh data bahwa mayoritas subyek penelitian memiliki persepsi baik, mengenai definisi dan penyebab SOPK, mengenai gangguan haid dan gangguan kesuburan pada SOPK, dan juga mengenai tatalaksana SOPK. Mayoritas subyek penelitian juga memiliki sikap baik, dan juga terdapat kesesuaian kuat antara persepsi dan sikap subyek penelitian mengenai SOPK dan juga mengenai gangguan haid dan kesuburan yang terjadi pada SOPK.

.....Polycystic Ovary Syndrome (PCOS) is an endocrine disorder that is often found in women of reproductive age. Problems that are often encountered are menstrual and fertility. Patient perceptions and attitudes may vary. Lack of information, educational background, and sources of information can also have an impact on patient perceptions and attitudes. However, data regarding the description of perceptions and attitudes in PCOS patients is still difficult to obtain because studies in this topic do not yet exist in Indonesia. Therefore, with this study, it is hoped that an overview of the perceptions and attitudes towards menstrual disorders and fertility problems in PCOS patients can be obtained, so that it can improve the quality of patients which will have an impact on their perceptions and attitudes in the therapeutic management of PCOS.

A cross-sectional study was carried out on 241 research subjects obtained through the Instagram social media account "pcosfighterindonesia". Collecting a number of data variables such as age, BMI, recent education, medical history, information sources, and perceptions and attitudes of research subjects. Data was obtained that the majority of research subjects had good perceptions, regarding the definition and causes of PCOS, regarding menstrual disorders and fertility disorders in PCOS, and also regarding the management of PCOS. The majority of research subjects also had good attitudes, and there was also a strong agreement between perceptions and attitudes of research subjects regarding SOPK and also regarding menstrual disorders and fertility that occurred in PCOS.