

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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Skripsi, Juni 2026
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Hubungan *Self-Efficacy* Dengan Kesehatan Mental Pada Wanita Menopause Di
Kelurahan Tegal Gede Kabupaten Jember
xviii + 125 Halaman + 14 Tabel + 1 Bagan + 23 Lampiran

Abstrak

Pendahuluan: Menopause merupakan fase alami wanita yang menyebabkan perubahan hormonal dan dapat memengaruhi kondisi fisik serta psikologis. Perubahan tersebut dapat menyebabkan masalah kesehatan mental seperti stres, kecemasan, dan depresi. *Self-efficacy* berperan dalam membantu wanita menopause menghadapi perubahan yang terjadi. Penelitian ini bertujuan mengetahui hubungan *self-efficacy* dengan kesehatan mental pada wanita menopause di Kelurahan Tegal Gede Kabupaten Jember. **Metode:** Penelitian menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 175 responden di Kelurahan Tegal Gede Kabupaten Jember dan menggunakan teknik sampling *cluster random sampling*. Data *self efficacy* dikumpulkan menggunakan kuesioner *General Self Efficacy Scale* (GSES), dan kesehatan mental diukur menggunakan kuisisioner *Depression Anxiety Stress Scales-21* (DASS-21). Analisis data dilakukan secara univariat untuk melihat karakteristik responden dan bivariat untuk melihat hubungan antar variabel, kekuatan, serta arah dengan menggunakan uji *Spearman Rho*. **Hasil:** Hasil penelitian diperoleh sebagian besar responden memiliki *self-efficacy* sedang dengan persentase 50,9%. Kesehatan mental responden sebagian besar kurang baik dengan persentase 41,7%. Hasil uji statistic menunjukkan p value 0,000 ($< 0,05$) dengan koefisien korelasi $r = 0,598$, yang berarti terdapat hubungan signifikan dengan kekuatan kuat dan arah positif antara *self-efficacy* dan kesehatan mental. **Simpulan:** Sebagian besar responden memiliki tingkat *self-efficacy* sedang dengan kondisi kesehatan mental kurang baik. Semakin baik *self-efficacy* maka semakin baik pula kondisi kesehatan mental pada wanita menopause.

Kata Kunci : *self efficacy*, kesehatan mental, wanita menopause

Daftar Pustaka : 64 (2021-2026)

ABSTRACT

Abstract

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NURSING SCIENCE STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Thesis, June 2026

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*The Relationship Between Self-Efficacy and Mental Health in Menopausal Women
in Tegal Gede Village, Jember Regency*

xviii + 125 Pages + 14 Tables + 1 Chart + 23 Appendices

Abstract

Background: Menopause is a natural phase in women that causes hormonal changes and can affect physical and psychological conditions. These changes can cause mental health problems such as stress, anxiety, and depression. Self-efficacy plays a role in helping menopausal women cope with these changes. This study aims to determine the relationship between self-efficacy and mental health in menopausal women in Tegal Gede Village, Jember Regency. **Method:** The study used a quantitative correlational design with a cross-sectional approach. The study sample consisted of 175 respondents in Tegal Gede Village, Jember Regency and used a cluster random sampling technique. Self-efficacy data were collected using the General Self-Efficacy Scale (GSES) questionnaire, and mental health was measured using the Depression Anxiety Stress Scales-21 (DASS-21) questionnaire. Data analysis was carried out univariately to examine the characteristics of respondents and bivariately to examine the relationship between variables, strength, and direction using the Spearman Rho test. **Results:** The results showed that most respondents had moderate self-efficacy with a percentage of 50.9%. The mental health of most respondents was poor with a percentage of 41.7%. The statistical test results showed a p-value of 0.000 (<0.05) with a correlation coefficient of $r = 0.598$, which means there is a significant relationship with strong strength and a positive direction between self-efficacy and mental health. **Conclusion:** Most respondents have a moderate level of self-efficacy with poor mental health conditions. The better the self-efficacy, the better the mental health conditions in menopausal women.

Keywords: self-efficacy, mental health, menopausal women

Bibliography: 64 (2021 – 2026)