

ABSTRAK

Menopause merupakan proses alami pada wanita yang ditandai dengan berhentinya menstruasi akibat menurunnya fungsi ovarium dan hormon estrogen. Kondisi ini dapat menyebabkan berbagai keluhan fisik, seperti hot flashes, gangguan tidur, nyeri sendi, kelelahan, dan peningkatan berat badan yang dapat memengaruhi aktivitas serta kualitas hidup. Penelitian ini bertujuan untuk menganalisis hubungan lama menopause dengan respon fisik wanita di desa Karangmulyo Banyuwangi. Desain penelitian ini menggunakan desain korelasional dengan pendekatan *crosssectional*. Populasi penelitian adalah semua ibu usia menopause di Desa Karangmulyo Banyuwangi, sebanyak 156 orang. Sampel berjumlah 61 responden, dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan adalah lembar observasi (lama menopause) dan checklist (respon fisik). Analisis data menggunakan uji rank Spearman. Hasil penelitian menunjukkan sebagian besar lama menopause kategori dini sebanyak 28 orang (45,9%) dan sebagian besar respon fisik kategori ringan sebanyak 32 orang (52,5%). Ada hubungan lama menopause dengan respon fisik wanita di desa Karangmulyo Banyuwangi dengan kekuatan hubungan sedang ($p = < 0.000$; $r = 0,599$). Kesimpulannya makin dini lama menopause maka akan semakin ringan respon fisik. Ibu menopause diharapkan dapat meningkatkan pengetahuan tentang menopause, menerapkan pola hidup sehat, serta melakukan pemeriksaan kesehatan secara berkala untuk mengurangi keluhan fisik yang dialami.

Kata Kunci : Lama Menopause, Respon Fisik Wanita

Daftar Pustaka : (2021 – 2025)

Abstract

Menopause is a natural process in women characterized by the cessation of menstruation due to declining ovarian function and estrogen levels. This condition can lead to various physical complaints such as hot flashes, sleep disturbances, joint pain, fatigue, and weight gain that may affect daily activities and quality of life. This study aimed to analyze the relationship between the duration of menopause and women's physical responses in Karangmulyo Village, Banyuwangi. A correlational design with a cross-sectional approach was employed. The study population consisted of all women of menopausal age in Karangmulyo Village, Banyuwangi (N=156). A sample of 61 respondents was selected using purposive sampling. Data collection instruments included an observation sheet (for the duration of menopause) and a checklist (for physical responses). Data analysis was performed using the Spearman rank test. The results showed that the majority of respondents fell into the "early" category for the duration of menopause (n=28; 45.9%), while the majority exhibited "mild" physical responses (n=32; 52.5%). A relationship was found between the duration of menopause and women's physical responses in Karangmulyo Village, Banyuwangi, with a moderate strength of association ($p < 0.000$; $r = 0.599$). In conclusion, the earlier the onset of menopause, the milder the physical responses tend to be. Menopausal women are encouraged to increase their knowledge about menopause, adopt a healthy lifestyle, and undergo regular health check-ups to alleviate the physical complaints they experience.

Keywords: Duration of Menopause, Women's Physical Responses

References: (2021–2025)