

## INTISARI

### HUBUNGAN ANTARA SIKAP IBU USIA 40-45 TAHUN DENGAN KECEMASAN MENGHADAPI MENOPAUSE DI RW III DESA TEMPURSARI, SAMBI BOYOLALI

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**Latar Belakang:** Salah satu masalah kesehatan reproduksi yang ada di wilayah RW 03 Desa Tempursari, yang terletak di Desa Tempursari yaitu tentang kurangnya informasi tentang kesehatan wanita menopause, sikap yang salah tentang manopause dan minimnya kesadaran diri untuk berolahraga. Tetapi tidak semuanya terjadi pada wanita menopause di wilayah RW 03 ini, ada beberapa dari mereka yang lebih senang dengan berolahraga, mengenakan pakaian layaknya anak muda zaman sekarang, dan lebih giat dalam kegiatan sosial. Jumlah dari wanita menopause di wilayah RW 03 sebanyak kurang lebih 40 jiwa.

**Tujuan:** Mengetahui hubungan antara sikap ibu usia 40-45 tahun dengan kecemasan menghadapi menopause di RW III Desa Tempursari, Sambu Boyolali.

**Metode:** Penelitian ini merupakan jenis penelitian deskriptif korelasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah ibu usia 40-45 tahun yang ada di wilayah RW III, Desa Tempursari, Sambu, Boyolali yang berjumlah 40 orang dengan teknik total sampling. Alat analisis yang digunakan dengan analisis analisis korelasi *rank spearman*.

**Hasil:** (1) Sikap ibu usia 40-45 tahun tentang kesiapan menghadapi menopause mayoritas mempunyai sikap positif yaitu sebanyak 20 orang (50,0%); (2) Kecemasan ibu usia 40-45 tahun mayoritas mempunyai kecemasan sedang yaitu sebanyak 14 orang (35,0%); (3) Terdapat hubungan antara sikap dengan kecemasan pada ibu usia 40-45 tahun dalam menghadapi menopause di RW III Desa Tempursari, Sambu Boyolali ( $r_{xy} = -0.422$ ;  $p\text{-value} = 0,019$ ).

**Kesimpulan:** Terdapat hubungan antara sikap dengan kecemasan pada ibu usia 40-45 tahun dalam menghadapi menopause di RW III Desa Tempursari, Sambu Boyolali.

**Kata kunci:** Sikap, kecemasan, menopause.

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## ABSTRACT

### **THE CORRELATIONS BETWEEN ATTITUDE OF WOMEN AGED 40-45 YEARS DEALING WITH ANXIETY IN MENOPAUSE RW III VILLAGE TEMPURSARI, SAMBI BOYOLALI**

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**Background:** One of reproductive health problems that exist in RW 03 Tempursari village, which is located in the village Tempursari is about the lack of information about the health of postmenopausal women, the wrong attitude about menopause and lack of self-awareness to exercise. But not everything occurs in menopausal women in RW 03, there are several of them were more than happy with the workout, dressed like young people today, and be more active in social activities. The number of postmenopausal women in RW 03 of approximately 40 people.

**Objective:** To determine the relationship between the attitude of mothers aged 40-45 years with anxiety in the face of menopause RW III Tempursari Village, Boyolali Sambu.

**Methods:** This study was a descriptive study with cross sectional korelational. The population in this study were mothers aged 40-45 years in RW III, Village Tempursari, Sambu, Boyolali which numbered 40 people with total sampling technique. The analytical tool used by the analysis of Spearman rank correlation analysis.

**Results:** (1) The attitude of mothers aged 40-45 years of menopause preparedness majority have a positive attitude as many as 20 people (50.0%); (2) Anxiety mothers aged 40-45 years have the majority of the anxiety was as many as 14 people (35.0%); (3) There is a relationship between attitude and anxiety in women aged 40-45 years in the face of menopause in RW III Tempursari Village, Boyolali Sambu ( $r_{xy} = -0.422$ ;  $p\text{-value} = 0.019$ ).

**Conclusion:** There is a relationship between attitude and anxiety in women aged 40-45 years in the face of menopause in RW III Tempursari Village, Boyolali Sambu.

**Keywords:** Attitudes, anxiety, menopause

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