

**HUBUNGAN ANTARA KARAKTERISTIK
SOSIODEMOGRAFI, GEJALA MENOPAUSE, DAN
AKTIVITAS FISIK TERHADAP KUALITAS HIDUP WANITA
MASA KLIMAKTERIUM DI POLI LANSIA PUSKESMAS
KECAMATAN CIPONDOH KOTA TANGERANG PERIODE
JANUARI-MARET 2017**

R. ST Farahnur Syaiful Rhamadani

Abstrak

Klimakterium yaitu periode peralihan dari fase reproduksi menuju fase umur tua. Klimakterium ditandai dengan keadaan estrogen mulai turun sehingga menimbulkan berbagai keluhan yang disebut sebagai gejala menopause. Aktivitas fisik yang cukup dapat mengurangi keluhan yang terjadi pada fase klimakterium. Status sosiodemografi dapat memengaruhi wanita dalam menghadapi masa klimakterium. Masalah atau perubahan yang dialami wanita masa klimakterium akan menimbulkan suatu krisis yang akan mempengaruhi kualitas hidup. Penelitian ini bertujuan untuk mengetahui hubungan antara karakteristik sosiodemografi, gejala menopause, dan aktivitas fisik terhadap kualitas hidup wanita masa klimakterium di Poli Lansia Puskesmas Kecamatan Cipondoh, Kota Tangerang periode Januari-Maret 2017. Penelitian ini bersifat analitik observasional yang menggunakan desain *cross sectional*. Sampel pada penelitian ini adalah wanita yang memasuki masa klimakterium yaitu usia 45-59 tahun yang menjalani rawat jalan di Puskesmas Kecamatan Cipondoh, Kota Tangerang periode Januari-Maret 2017 yang memenuhi kriteria inklusi dan eksklusi yang telah ditetapkan oleh peneliti sebanyak 154 sampel. Pengambilan data menggunakan metode *probability sampling* dengan teknik *simple random sampling*. Gejala menopause diukur menggunakan kuesioner MRS (*Menopause Rating Scale*), aktivitas fisik diukur menggunakan kuesioner GPAQ (*Global Physical Activity Questionnaire*) dan kualitas hidup diukur dengan kuesioner WHOQOL-BREF (*World Health Organization Quality Of Life*). Hasil uji *chi-square* menunjukkan bahwa terdapat hubungan antara umur dan kualitas hidup domain psikologis ($p < 0,05$), terdapat hubungan antara pendidikan dan kualitas hidup domain lingkungan ($p < 0,05$), terdapat hubungan antara pendapatan dan kualitas hidup seluruh domain ($p < 0,05$), terdapat hubungan antara gejala menopause domain somatik dan kualitas hidup domain lingkungan ($p < 0,05$), dan terdapat hubungan antara aktivitas fisik dan kualitas hidup domain kesehatan fisik, psikologis, dan hubungan sosial ($p < 0,05$).

Kata Kunci : karakteristik sosiodemografi, gejala menopause, aktivitas fisik, wanita klimakterium, kualitas hidup

THE CORRELATION BETWEEN SOCIODEMOGRAPHIC CHARACTERISTIC, MENOPAUSAL SYNDROME, AND PHYSICAL ACTIVITY ON QUALITY OF LIFE OF CLIMACTERIC WOMEN AT POLI LANSIA CIPONDOH DISTRICT IN TANGERANG CITY DURING PERIOD OF JANUARY – MARCH 2017

R. ST Farahnur Syaiful Rhamadani

Abstract

Climacteric is the transition between the reproductive phase to the nonreproductive phase. Climacteric is marked by a state of estrogen start to fall, causing a variety of complaints referred to as menopausal syndrome. Enough physical activity can reduce the complaints that occur in the climacteric phase. Sociodemographic status can affect women face climacteric. Problems or changes experienced by climacteric women may lead to a crisis that will affect the quality of life. This study aims to determine the relationship between sociodemographic characteristics, menopausal symptoms, and physical activity on quality of life of climacteric women in Poli Lansia Cipondoh District, Tangerang City in January-March 2017. This research is an analytic observational using cross-sectional design. Samples are climacteric women entering the age group 45-59 years who underwent outpatient health centers Cipondoh Subdistrict, Tangerang City in January-March 2017 who meet the inclusion and exclusion criteria that have been established by researchers as many as 154 samples. Retrieving data using probability sampling method with simple random sampling technique. Menopausal symptoms were measured by using MRS questionnaire (Menopause Rating Scale), physical activity was measured by using GPAQ questionnaire (Global Physical Activity Questionnaire) and quality of life was measured by using WHOQOL-BREF questionnaire (World Health Organization Quality Of Life). The results of chi-square test showed that there is a relationship between age and quality of life of the psychological domain ($p < 0.05$), there is a relationship between education and quality of life of the environmental domain ($p < 0.05$), there is a relationship between income and quality of life for the entire domain ($p < 0.05$), there is a relationship between the domain of somatic menopausal symptoms and quality of life of the environment domains ($p < 0.05$), and there is a relationship between physical activity and quality of life domains of physical health, psychological, and social relationships ($p < 0, 05$).

Keywords: sociodemographic characteristics, menopausal symptoms, physical activity, climacteric women, quality of life