

INTISARI

Latar Belakang: Wanita yang sedang mengalami masa transisi menopause akan melalui perubahan hormon sehingga muncul gejala seperti hot flushes, jantung berdebar, masalah tidur, mood berubah, mudah panik, mudah lupa, masalah seksual dan kandung kemih. Aktivitas fisik yang dilakukan secara teratur dapat mengurangi gejala tersebut.

Tujuan: Mengidentifikasi tingkat aktivitas fisik dan gejala menopause serta mengetahui hubungan keduanya.

Metode: Penelitian ini menggunakan *cross sectional*. Pengambilan data penelitian ini dilakukan pada Juni-Juli 2024 dengan 145 responden. Kuesioner yang digunakan adalah Menopausal Rating Scale dan International Physical Activity Questionnaire. Data dianalisis menggunakan analisis non-psikometrik spearman.

Hasil: Tingkat aktivitas fisik responden tertinggi berada pada kategori tinggi (58%), Gejala menopause responden lebih banyak di gejala sedang (44,1%). Berdasarkan uji spearman didapatkan bahwa terdapat hubungan yang berarti dengan kekuatan cukup berhubungan dan arah hubungan negatif ($n=143$, $sig=0.000$, $pearson\ correlation=-0,423$)

Kesimpulan: Tingkat aktivitas fisik akan mempengaruhi gejala menopause wanita. Sehingga wanita yang memasuki masa menopause perlu menyempatkan waktu untuk melakukan aktivitas fisik agar gejala yang muncul lebih sedikit. Peran kader dan tenaga kesehatan juga diperlukan untuk memberikan edukasi.

Kata Kunci: Aktivitas Fisik, Gejala menopause, Perimenopause, Menopausal Rating Scale (MRS), International Physical Activity Questionnaire (IPAQ).

ABSTRACT

Background: Women undergoing the menopause transition experience hormonal changes that lead to symptoms such as hot flashes, heart palpitations, sleep disturbances, mood swings, anxiety, memory problems, and sexual and bladder issues. Regular physical activity can help alleviate these symptoms.

Objective: To identifying the level of physical activity and menopausal symptoms and uexamine the relationship between them.

Method: This study employed a cross-sectional design. It was was conducted between June-July 2024, involving 145 respondents. The questionnaires used were the Menopausal Rating Scale and the International Physical Activity Questionnaire. Were

Results: The highest level of physical activity of respondents was in the high category (58%), Respondents' menopause symptoms were more in moderate symptoms (44.1%). Based on the Spearman test, it was found that there was a significant relationship with sufficient strength and a negative relationship direction ($n = 143$, $\text{sig} = 0.000$, Pearson correlation = -0.423)

Conclusion: The level of physical activity will affect women's menopause symptoms. So women who enter menopause need to take the time to do physical activities so that the symptoms that appear are fewer. The role of cadres and health workers is also needed to provide education.

Keywords: Physical Activity, Menopausal Symptoms, Perimenopause, Menopausal Rating Scale (MRS), International Phisycal Activity Questionnarree (IPAQ)