



COPING MENGHADAPI MENOPAUSE PADA WANITA DALAM MASA TRANSISI MENOPAUSE

INTISARI

Semua wanita yang berusia lanjut pada akhirnya pasti akan menjalani berakhirnya masa reproduksi dengan datangnya fase menopause sehingga penting untuk mengetahui apa saja yang dialami wanita dalam fase menopause dan bagaimana cara mengatasinya. Penelitian ini bertujuan untuk mengetahui metode-metode *coping* yang diterapkan wanita dalam menghadapi menopause.

Data penelitian diperoleh menggunakan teknik *in-depth interview* dengan perspektif fenomenologi hermeneutik yang lebih fokus terhadap pengalaman individu terhadap fenomena daripada fenomena itu sendiri. Subjek penelitian terdiri dari dua orang wanita yang sudah selesai menjalani masa transisi menopause dan pengambilan data berlokasi di tempat tinggal subjek dikarenakan sifat topik yang sensitif.

Hasil penelitian menunjukkan bahwa wanita cenderung mencari *support* baik dalam bentuk *informational support* maupun *social support*. Adapun metode lain yang diterapkan adalah berupa *planful problem-solving* dengan perubahan gaya hidup, *positive re-appraisal* dengan melampiaskan *stressor* berupa gejala menopause kepada kegiatan yang positif seperti meningkatkan kualitas diri atau mendekati diri secara religius.

Kata Kunci: *Coping, menopause, wanita menopause, gejala menopause.*



COPING ON FACING MENOPAUSE OF WOMEN IN MENOPAUSAL TRANSITION PHASE

ABSTRACT

All women eventually will face the end of their reproductive phase with the advent of menopausal phase so it's important to understand what will women face in menopausal phase and how to resolve the symptom that emerges. This research aims to discover the coping methods that women apply in facing menopausal transition phase.

The research data is obtained using in-depth interview technique with hermeneutic phenomenology perspective that focus more on the individual experience towards a phenomenon than the phenomenon instead. The subject of this research consists of two women that's done with their transitional phase and due to the sensitive nature of the topic, the research data obtained at the subject's residence.

The result of the research showed that women tends to seek for a support whether it's in the form of informational support or social support. As for other coping methods that being applied are playful problem-solving with changing life style as an example, positive re-appraisal with venting the stressor in the form of menopausal symptoms to positive activities like improving the quality of self or became more religious.

Keywords: *Coping, menopause, menopausal women, menopausal symptoms*