

INTISARI

Latar Belakang: Menopause merupakan tahap akhir proses biologis yang dialami wanita. Wanita harus memiliki pengetahuan mengenai perubahan dan gejala menopause agar dapat menyiapkan diri secara psikis maupun fisik. Pengetahuan yang lebih matang menjadikan seseorang lebih siap dan bijak dengan perubahan menopause.

Tujuan Penelitian: Mengetahui gambaran pengetahuan tentang menopause pada wanita usia 20-30 tahun di Daerah Istimewa Yogyakarta.

Metode: Penelitian ini adalah penelitian survey deskriptif d rancangan *cross-sectional* dengan pendekatan kuantitatif. Penelitian dilakukan 19 Juli-9 Agustus 2021 dengan 293 responden. Instrumen yang digunakan yaitu kuesioner data demografi, *Menopause Kuesioner Scale* (MKS), dan *Knowledge about Menopausal Symptoms* (KMS) telah dilakukan uji validitas dan reliabilitas dengan r hitung 0,20 – 0,83 dan hasil *cronbach's alpha* sebesar 0,841 pada instrument MKS, dan 0,945 pada instrument KMS.

Hasil: Responden terbanyak yaitu wanita remaja akhir (85,7%). Pengetahuan tentang menopause dan Terapi Hormon Menopause (THM) dengan nilai tengah skor 40,00 sedangkan pada pengetahuan tentang gejala menopause skor 9,00.

Kesimpulan: Pengetahuan wanita dewasa awal tentang menopause, THM, dan gejala menopause di DIY masih cenderung rendah sehingga perlu adanya penyuluhan dan pemberian edukasi melalui berbagai media (website internet, booklet, dll) kepada wanita dewasa mengenai menopause.

Keyword: Menopause, Pengetahuan, Wanita dewasa

ABSTRACT

Background: Menopause is the final stage of the biological process experienced by women. Women must know about the changes and symptoms of menopause to prepare themselves psychologically and physically. More mature knowledge makes a person more prepared and wiser with menopausal changes.

Research Objectives: To determine the description of knowledge about menopause in women aged 20-30 years in the Special Region of Yogyakarta.

Methods: This research is a descriptive survey research with a cross-sectional design with a quantitative approach. The study was conducted July 19-9 August 2021 with 293 respondents. The instruments used are demographic data questionnaire, Menopause Questionnaire Scale (MKS), and Knowledge about Menopausal Symptoms (KMS) which have been tested for validity and reliability with r count 0.20 – 0.83 and Cronbach's results alpha of 0.841 on the MKS instrument, and 0.945 on the KMS instrument.

Results: Most of the respondents were late teenage women (85.7%). Knowledge about menopause and Menopause Hormone Therapy (THM) with a mean score of 40.00 while knowledge of menopausal symptoms scored 9.00.

Conclusion: Knowledge of early adult women about menopause, THM, and menopausal symptoms in DIY still tends to be low so there is a need for counseling and providing education through various media (internet websites, booklets, etc.) to adult women about menopause.

Keywords: *Menopause, Knowledge, Adult women*