

## ABSTRACT

### THE INFLUENCE OF MENOPAUSE COUNSELING ON KNOWLEDGE LEVEL AND ATTITUDE OF WOMAN IN FACING MENOPAUSE PERIOD

A Quasy-Experimental Reseach in RT06 RW08 Sub-district Mojo-Surabaya

By : Putu Novi Andari

Menopause is the last phase in reproduction cycle of a woman that usually happens at the age of 42-58. It is hoped that every woman could pass the menopause period better, physically and mentally wherein mentally transition depends on the attitude and knowledge of every woman about menopause. Yet the information that can be obtained by woman about this is very limited so there is lack of knowledge.

This research was aimed to explain the influence of menopause counseling to knowledge level and attitude of woman in facing menopause period.

The research design was quasy experimental involving a control group. The respondents are premenopause women with the age of 40-50 years old residing in RT 06 RW VIII sub-district Mojo Surabaya. Sample formulation used Purposive Sampling. There were 20 women for the sample, while 10 woman served as treatment group and 10 woman as control group. Independent variable in this research was menopause counseling, while the dependent variables were knowledge and attitude. The collected data were analyzed using Wilcoxon Signed Rank Statistical Test and Mann Whitney U Test with signification value  $p < 0,05$ .

Result revealed that menopause counseling had effect of on knowledge level and attituded of woman in facing menopause period. For further research will better if frequency of counseling is increased and focused at behavior in facing menopause period.

**Keywords :** *counseling, menopause, knowledge, attitude*