

ABSTRACT**THE ANALYZE FACTOR THAT RELATED WITH JOINT PAIN IN
POSTMENOPAUSAL MOTHERS**

Cross Sectional Design in Public Health Center Randegan Tanggulangin
District of Sidoarjo,

By : Mubarokah Isnaeni

Menopause can be interpreted as a physiological condition of the woman who has entered a period of aging (aging) which is characterized by decreasing hormonal levels of estrogen. Decreased estrogen can lead to osteoarthritis and osteoarthritis due to decreased estrogen causes decreased collagen matrix so that the cartilage becomes damaged and cause pain. The incidence of joint pain disease is relatively high, ie 1-2% of the total population in Indonesia is estimated to figure rose steadily increase until 2025 with an indication of more than 25% will experience paralysis.

This study aimed to determine factors associated with joint pain in women in the menopausal Public Health Center Randegan Tanggulangin District of Sidoarjo for the prevention of postmenopausal mothers did not experience severe joint pain.

This research used a Cross Sectional design. The population in the study were all postmenopausal mothers who come to visit the Poly content with a sample of 20 people. Sampling using purposive sampling. The independent variables were age, BMI, family history, and history of trauma. The dependent variable was the incidence of joint pain. Collecting data with interviews, weight scales, height measurement and medical records. The analysis used was Spearman's Rho test.

The results showed age ($p = 0.00$), BMI ($p = 0.00$), history of family ($p = 0.00$), and a history of trauma ($p = 0.021$) there is a relationship with the incidence of joint pain. The research proves that last elderly, obese's BMI category, history of family, and history of trauma is a factor that can cause joint pain in women with postmenopausal dominant factor obese BMI ($r = 0.894$).

Expected to society especially menopausal mother know about the factors that influence the occurrence of joint pain that IMT, so mother menopause motivated to maintain their weight by regulating healthy diet and low-fat and regular exercise in accordance with the ability to increase bone strength and joint flexibility.

Keywords: *joint pain, menopausal mothers, age, BMI, family history, history of trauma*