

IR – PERPUSTAKAAN UNIVERSITAS AIRLANGGA

THESIS

**CLINICAL PROFILE OF MENOPAUSE WOMEN IN BATAM,
MAKASSAR, AND SURABAYA**



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NIM. 011911133293

MEDICAL STUDY PROGRAM

FACULTY OF MEDICINE UNIVERSITAS AIRLANGGA

SURABAYA

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This thesis is made to fulfill the requirement of the research module

Medical study program Faculty of Medicine Universitas Airlangga Surabaya

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MAKASSAR, AND SURABAYA**

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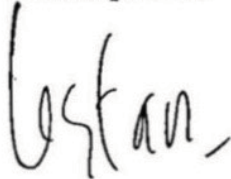
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Nadira Zahra M.P.

CLINICAL PROFILE OF MENOPAUSE WOMEN IN BATAM, MAKASSAR, AND SURABAYA

ABSTRACT

Introduction : Menopause is a physiological changes when the menstrual period ends due to the termination of estrogen and progesterone production in the ovaries. Menopausal women experience several things in their transition phase such as clinical changes. This study aimed to find out the clinical profile of menopause women aged 45-65 years old in Batam, Makassar, and Surabaya.

Objective : To find out the clinical profile of menopause women aged 45-65 years old in Batam, Makassar, and Surabaya.

Methods : This study was an observational descriptive study using total sampling. This research was obtained from primary data, and the primary data was obtained from women aged 45-65 years using an instrument in the form of a questionnaire. During the data collection period from February to July 2022, a total data of 120 sample were obtained with a total of menopause women as much as 75 sample. The clinical changes data collected was menopause symptoms which assessed using Menopause Rating Scale (MRS). The data analyzed using Microsoft Excel and presented in a form of table and diagram.

Results : The most prevalent symptoms experienced by the sample of menopausal women in Batam, Makassar, and Surabaya were physical and mental exhaustion as much as 63 samples (84%), followed by joint and muscular discomfort as much as 61 samples (81,33%), and sexual problems with a total of 52 samples (69,33%). From this study also obtained that the starting age of menopause mostly at 45-55 years old which is normal menopause as much as 70 samples (58,33%). Followed by early menopause with 3 samples (2,5%), and lastly late menopause with a total of 2 samples (1,67%) .

Conclusion : The severity of menopausal symptoms can be influenced by sociodemographic factors as well as differences in age onset of menopause. Menopausal symptoms could affect a woman's quality of life.

Keywords : Menopause, Menopause symptoms, Menopause quality of life, Menopause Rating Scale (MRS).

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