

ABSTRACT

Menopause is desisting menstruate naturally in aging process that happened at woman. There are two kinds of health problem to the age of menopause, such as short term and long term problem. On the short term problem, probably related to psychological and physical complaint. Psychological symptoms on menopause such as gloomy feeling, dread, fickle feeling, unstable emotion, feel over a barrel, recall trouble, and feel worthlessly.

This was observational study with cross sectional design. The population was woman age 45 to 60 years old in Minggirsari, district of Kanigoro Blitar. Sample size that obtained from population using simple random sampling was 76 people. Data analyze that used was Chi-Square test to observe whether or not the correlation, and Logistic Regression test to know whether or not the influence between variable.

Majority, education level of respondent was elementary school, age less than 50 years old, and not menopause yet. Meanwhile, education, knowledge, and husband support were related to dread of woman facing menopause. While earnings factor was not related to dread of woman facing menopause. Education was having an effect on dread of woman facing menopause, while knowledge factor, earnings, and husband support were not related to dread of woman facing menopause.

It is recommended that health officer should provide socialization about preparation to the woman facing menopause, thus they does not feel worry.

Keywords: menopause, education, knowledge, earnings, husband support, dread