

ABSTRAK

Latar Belakang: Menopause adalah salah satu siklus kehidupan dan akhir masa subur seorang perempuan. Menopause terjadi karena adanya penurunan kadar hormon estrogen. Kondisi ini juga menyebabkan perubahan fisik dan psikologis yang dirasakan sebagai keluhan. Perempuan menopause bisa merasa terganggu dengan keluhan tersebut jika tidak mendapat support biopsikososial yang baik. Posyandu Lansia merupakan salah satu program pemerintah yang dapat memberikan support biopsikososial yang baik. Penelitian ini bertujuan menganalisis perbedaan karakteristik keluhan pada perempuan menopause yang mengikuti dan tidak mengikuti posyandu lansia. **Metode:** Jenis penelitian analitik observasional dengan rancang bangun cross sectional. Populasi adalah seluruh perempuan menopause di wilayah kerja Puskesmas Mojo Surabaya. Pengambilan sampel menggunakan *consecutive sampling* dengan masing-masing kelompok berjumlah 35 responden. Variabel dependen adalah keluhan perempuan menopause dan variabel independen adalah keikutsertaan posyandu lansia. Instrumen penelitian menggunakan kuesioner MENQOL. Data dianalisis dengan Uji Independent T-Test dan Mann-Whitney. **Hasil:** Analisis hasil menunjukkan pada variabel keluhan fisik, keluhan psikologis dan total skor kedua keluhan didapatkan hasil $p = <0,001$ ($< \alpha 0,05$). **Kesimpulan:** Terdapat perbedaan karakteristik keluhan menopause yang signifikan antara perempuan menopause yang mengikuti dan tidak mengikuti posyandu lansia di wilayah kerja Pusekesmas Mojo Surabaya

Kata Kunci: keluhan menopause, posyandu lansia.

ABSTRACT

Background: Menopause is one of the life cycles and is the end fertile period of a woman. Menopause occurs because of a decrease in estrogen levels. This condition also causes physical and psychological changes that are felt as complaints. Menopausal women may feel disturbed by the complaint if they do not get good biopsychosocial support. Elderly integrated service post is one of the government programs that can provide good biopsychosocial support. This study aims to analyze the differences in the characteristics of complaints in menopausal women who participated and did not participate the integrated service post for elderly. **Method:** This study was an analysis of observational study with cross sectional design. The population was all menopausal women in the work area of Mojo Health Center Surabaya. Sampling used consecutive sampling with 35 respondents each group. The dependent variable was the complaint of menopausal women and the independent variable was the participation of the integrated service post. The research instrument used the MENQOL questionnaire. Data were analyzed by Independent T-Test and Mann-Whitney. **Results:** Analysis of results showed that the physical complaints variable, psychological complaints and the total score of the two complaints were obtained p value = <0.001 ($<\alpha$ 0.05). **Conclusion:** There are significant differences in the characteristics of menopausal complaints between menopausal women who participated and did not participate in the elderly integrated service post in the work area of Mojo Health Center Surabaya.

Keywords: menopause complaints, elderly integrated service post.