

**HUBUNGAN STADIUM MENOPAUSE DENGAN PERUBAHAN FUNGSI SEKSUAL
WANITA DI PUSKESMAS LUBUK BUAYA**

TESIS



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RSUP DR. M. DJAMIL PADANG**

2022

ABSTRAK

Pendahuluan : Menopause merupakan keadaan fisiologis berhentinya siklus menstruasi setiap bulan yang terjadi secara bertahap dan bersifat permanen. Terdapat bukti ilmiah yang menunjukkan terjadinya perubahan aktivitas seksual wanita disetiap stadium menopause yang berbeda. Perubahan ini berkaitan dengan kualitas hidup manusia sebagai kebutuhan dasar. Mengetahui hubungan perubahan stadium menopause dengan fungsi seksual akan membantu klinisi dalam meningkatkan kualitas hidup wanita menopause dikemudian hari

Metode : Desain penelitian ini adalah *cross sectional*, Metode pengambilan sampel adalah *stratified random sampling*, yakni wanita usia stadium menopause di wilayah kerja Puskesmas Lubuk Buaya semenjak Oktober 2022 hingga November 2022.

Hasil : Terdapat 140 yang memenuhi kriteria inklusi dengan rerata usia 48 tahun. 89% dari sampel telah menikah lebih dari 10 tahun. 43,6% sampel berada di stadium premenopause. Sedangkan keluhan nyeri saat berhubungan mendapat skor 3,60. Hasil Kruskal test menunjukkan p value *desire, arousal, lubrication, orgasme, satisfaction* dengan p value 0,00. Sedangkan p value nyeri 0,104.

Kesimpulan : Status menopause berhubungan signifikan secara statistik dengan domain *desire, arousal, lubrication, orgasme, dan satisfication*. Sedangkan domain *Pain* tidak berhubungan signifikan.

Kata kunci : Stadium menopause, Fungsi seksual.

ABSTRACT

Introduction: Menopause is a physiological state of stopping the menstrual cycle every month which occurs gradually and is permanent. There is scientific evidence that shows changes in women's sexual activity at each different stage of menopause. This change is related to the quality of human life as a basic need. Knowing the relationship between changes in menopausal stages and sexual function will help clinicians in improving the quality of life of postmenopausal women in the future.

Method: The design of this study was cross-sectional. The sampling method was stratified random sampling, namely women of menopausal age in the working area of the Lubuk Buaya Health Center since October 2022 until November 2022.

Results: There were 140 who met the inclusion criteria with an average age of 48 years. 89% of the sample have been married for more than 10 years. 43.6% of the samples were in the premenopausal stage. Meanwhile, complaints of pain during intercourse got a score of 3.60. The results of the Kruskal test showed that the p value of Desire, Arousal, Lubrication, Orgasm, Satisfaction with a p value of 0.00. While the p value of pain is 0.104.

Conclusion: Menopause status has a statistically significant relationship with the domains of desire, arousal, lubrication, orgasm, and satisfaction. While the Pain domain is not significantly related.

Keywords: Stage of menopause, sexual function.

