

## RINGKASAN

### HUBUNGAN KONSUMSI BAHAN MAKANAN SUMBER ISOFLAVON DAN SERAT DENGAN KELUHAN MENOPAUSE PADA WANITA MENOPAUSE DI KELURAHAN KEDUNGUMUNDU KECAMATAN TEMBALANG KOTA SEMARANG

NabellaPutri Fauzia<sup>1</sup>, Agustin Syamsianah<sup>2</sup>, Hapsari Sulistya Kusuma<sup>3</sup>  
<sup>1,2,3</sup>Program Studi S1 Gizi Fakultas Ilmu Keperawatan dan Kesehatan  
Universitas Muhammadiyah Semarang

Menopause merupakan kondisi dimana menstruasi berhenti secara permanen karena berkurangnya produksi hormon estrogen dan progesteron sehingga menimbulkan keluhan menopause yang disebut sindroma menopause. Penelitian ini bertujuan untuk mengetahui hubungan konsumsi bahan makanan sumber isoflavon dan serat dengan keluhan menopause pada wanita menopause.

Penelitian ini merupakan penelitian *explanatory research*. Teknik sampling yang digunakan teknik *purposive sampling* dengan populasi 84 wanita menopause ada 48 orang yang memenuhi kriteria inklusi yaitu wanita premenopause berusia 45-59 tahun dan sudah berhenti haid secara permanen minimal 1 tahun. Penelitian ini dilakukan pada bulan April 2018. Data keluhan menopause diperoleh dari pengisian formulir *menopause rating scale*, konsumsi bahan makanan sumber isoflavon dan serat diperoleh dari wawancara recall 24 jam dan FFQ. Uji kenormalan menggunakan uji *kolmogorv smirnov*, data berdistribusi tidak normal isoflavon ( $p = 0,005$ ), serat ( $p = 0,001$ ), keluhan menopause ( $p = 0,000$ ) maka uji hubungan menggunakan uji korelasi *rank spearman*.

Hasil dari penelitian ini adalah konsumsi bahan makanan sumber isoflavon rata-rata 66,32 mg per hari, makanan yang sering dikonsumsi seperti tempe, tahu, buncis, kacang panjang. Konsumsi bahan makanan sumber serat rata-rata 9,77 gram per hari, makanan yang sering dikonsumsi seperti kool, bayam, labu siam, buncis. Wanita menopause mengalami keluhan ringan 29 orang (60,4%). Terdapat hubungan antara konsumsi bahan makan sumber isoflavon dengan keluhan menopause ( $p = 0.000$ ). Tidak ada hubungan antara konsumsi bahan makanan sumber serat dengan keluhan menopause ( $p = 0.076$ ).

**Kata kunci:** Menopause, Isoflavon, Serat

## ABSTRACT

### THE RELATIONSHIP BETWEEN THE CONSUMPTION OF ISOFLAVON AND FIBER FOOD SOURCES WITH MENOPAUSE COMPLAINTS IN MENOPAUSE WOMEN IN KELURAHAN KEDUNGUNDU KECAMATAN TEMBALANG SEMARANG CITY

NabellaPutri Fauzia<sup>1</sup>, Agustin Syamsianah<sup>2</sup>, Hapsari Sulistya Kusuma<sup>3</sup>  
<sup>1,2,3</sup>Nutrition Science Study Program The Faculty Of Nursing and Health  
University Of Muhammadiyah Semarang

Menopause is a condition where menstruation stops permanently due to reduced production of the hormones estrogen and progesterone, causing menopausal complaints called menopausal syndrome. This study aims to determine the relationship of consumption of food ingredients sources of isoflavones and fiber with menopausal complaints in menopausal women.

This research is an explanatory research. The sampling technique was purposive sampling technique with a population of 84 postmenopausal women there were 48 people who met the inclusion criteria, namely premenopausal women 45-59 years old and had stopped menstruating permanently at least 1 year. This study was conducted in April 2018. Data on menopause increased from the menopause rating scale scale, consumption of isoflavone foods and fiber obtained from a 24-hour recall interview and FFQ. Normality test using the Kolmogorov Smirnov test, the data is not normally distributed isoflavones ( $p=0.005$ ), fiber ( $p=0.001$ ), menopausal complaints ( $p=0.000$ ) then the relationship test uses rank spearman safety test.

The results of this study are the consumption of food sources of isoflavones averaging 66.32 mg per day, frequently consumed foods such as tempeh, tofu, beans, long beans. Consumption of food sources fiber sources an average of 9.77 grams per day, foods that are often consumed such as kool, spinach, chayote, beans. Postmenopausal women experience mild complaints of 29 people (60.4%). There is a relationship between consumption of food ingredients isoflavone sources with menopausal complaints ( $p = 0.000$ ). There was no correlation between consumption of fiber-based food ingredients and menopausal complaints ( $p = 0.076$ ).

**Keywords:** Menopause, Isoflavones, Fiber