

PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
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Siti Purwahyuningsih

**Gambaran Karakteristik dan Komunikasi Pasangan *Menopause* Di RW 04 Tlogosari
Kulon Kecamatan Pedurungan Kota Semarang**

xii + 56 Halaman + 7 Tabel + 11 Lampiran + 1 Skema

Abstrak

Menopause merupakan proses alamiah yang akan dialami setiap perempuan setelah melewati masa subur. Rata-rata *menopause* terjadi antara usia 45-50 tahun, umumnya terjadi sekitar umur 50 tahun, akan tetapi ada sedikit perempuan yang memulai *menopause* di umur 30-an. *Menopause* berdampak pada perubahan fisik seperti kekeringan vagina sehingga menimbulkan rasa sakit saat berhubungan intim dan gangguan psikomatik seperti mudah marah. Kondisi perubahan ini bisa berpengaruh pada keharmonisan rumah tangga. Penelitian ini bertujuan untuk mengetahui gambaran kareakteristik dan komunikasi pasangan *menopause* dengan rancangan penelitian deskriptif kuantitatif dengan pendekatan *cross sectional*. Penelitian ini dilakukan pada bulan Maret-Agustus 2017 di RW 04 Tlogosari kulon Kota Semarang dengan jumlah sampel sebanyak 30 responden. Hasil penelitian ini menunjukkan bahwa gambaran karakteristik pasangan *menopause* berdasarkan usia menunjukkan nilai median 53 dengan usia termuda 48 tahun dan tertua 58 tahun, pendidikan SMA sebanyak 46.7%, dan 46.7% sebagai ibu rumah tangga. Komunikasi pada pasangan *menopause* menunjukkan bahwa 96.7% komunikasi terbuka, suami mampu menjadi pendengar yang baik dan suami mau menerima keadaan istri sehingga keharmonisan rumah tangga tetap terjaga.

Kata kunci : Komunikasi, Karakteristik, Menopause, Pasangan

Pustaka : 21 (2006 – 2014)

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**Characteristics and Communication of Couple Menopause In RW 04 Tlogosari Kulon
Pedurungan Sub-district of Semarang City**

xii + 56 pages + 7 tables + 11 attachment + 1 chart

Abstract

Menopause is a natural process that every woman will experience after a fertile period. The average menopause occurs between the ages of 45-50 years, generally around the age of 50 years, but there are few women who start menopause in their 30s. Menopause affects physical changes such as vaginal dryness causing pain during intercourse and psychotic disorders such as irritability. The condition of this change can affect the harmony of the household. This study aims to determine the description of the characteristics and communication of menopausal couples with a descriptive quantitative research design with a cross-sectional approach. This research was conducted in March-August 2017 at RW 04 Tlogosari Kulon Semarang with a total sample of 30 respondents. The results of this study indicate that the characteristics of menopausal couples by age show the median value 53 with the youngest age 48 years and the oldest 58 years, high school education as much as 46.7%, and 46.7% as housewives. Communication in menopausal couples shows that 96.7% of open communication, the husband is able to be a good listener and husband willing to accept the circumstances of the wife so that household harmony is maintained.

Keyword : Communication, Characteristics, Menopause, Couple

Bibliography : 21 (2006-2014)