

DENGAN TINGKAT KECEMASAN WANITA PREMENOPAUSE DI DESA BRAJAN KASIHAN BANTUL, YOGYAKARTA

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INTISARI

Latar Belakang : Dukungan sosial dari keluarga terutama dukungan dari suami dapat membantu meyakinkan seorang wanita agar tidak ada yang perlu dicemaskan ketika mengalami masa premenopause. Dukungan suami merupakan faktor eksternal yang dapat membantu istri dalam melalui masa premenopause, tanpa merasakan kecemasan yang berlebih karena wanita premenopause cenderung memiliki tingkat emosional yang tinggi terutama rasa takut dan khawatir dalam menghadapi masa menopause.

Tujuan : Untuk menilai hubungan tingkat dukungan sosial suami dengan tingkat kecemasan pada wanita premenopause.

Metode : Studi analitik *observational* dengan pendekatan *cross sectional*. Subyek penelitian adalah wanita premenopause yang berusia 40-50 tahun dan sudah memiliki suami yang tinggal di Desa Brajan Kasihan Bantul, Yogyakarta. Penentuan subyek penelitian dilakukan dengan cara *Simple Random Sampling*, sebanyak 68 responden. Analisis data menggunakan uji *chi-square*.

Hasil : Total dari 68 responden, diketahui bahwa responden yang mendapatkan dukungan sosial suami tinggi, tingkat kecemasan responden rendah memiliki proporsi tertinggi sebanyak 47 responden (69,11%). Sedangkan responden yang mendapatkan dukungan sosial suami sedang, tingkat kecemasan responden rendah sebanyak 8 responden (11,76%). Responden yang mendapatkan dukungan sosial suami rendah, tingkat kecemasan responden tinggi sebanyak 3 responden (4,41%). Berdasarkan hasil analisis bivariat menunjukkan ada hubungan signifikan antara tingkat dukungan sosial suami dengan tingkat kecemasan wanita premenopause ($p=0,000$).

Kesimpulan : Terdapat hubungan signifikan antara tingkat dukungan sosial suami dengan tingkat kecemasan wanita premenopause di Desa Brajan Kasihan Bantul, Yogyakarta.

Kata kunci : Dukungan Sosial Suami, Premenopause, Tingkat Kecemasan.

ASSOCIATION BETWEEN HUSBANDS' SOCIAL SUPPORT LEVEL AND ANXIETY LEVEL IN PREMENOPAUSAL WOMEN IN BRAJAN VILLAGE, KASIHAN, BANTUL, YOGYAKARTA, INDONESIA

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ABSTRACT

Background: Menopause, a process of gradual decline of ovary function and estrogen level, is an inevitable stage all women must face. Women experiencing premenopausal period may have anxiety symptoms. Social support from family especially from husband is believed to make a premenopausal wife feeling less anxious facing this critical period of her life.

Objective: To evaluate the association between husbands' social support level and anxiety level in premenopausal wives.

Methods: An analytic observational study with a cross-sectional design was conducted. Research participants were premenopausal women aged 40-50 years old living with their husbands in Brajan Village, Kasihan, Bantul, Yogyakarta. Using a simple random sampling, a total of 68 women were recruited. The husbands' social support level was assessed using previously validated questionnaire with Cronbach alfa 0,9455. The anxiety level of premenopausal women was assessed using previously validated questionnaire with Cronbach alfa 0,8020. Data was analyzed using a chi-square test .

Results: Majority of participants, 47 women (69,11%), received high level of social support from their husbands and had low level of anxiety. Eight women (11,76%) who received moderate social support from their husbands had low level of anxiety. Three women (4,41%) received low social support from their husbands and had high level of anxiety. Bivariate analysis showed that there was a significant relationship between the husbands' social support level and anxiety level in premenopausal wives ($p = 0,000$).

Conclusion: This study demonstrated that there is a significant association between the husbands' social support level and anxiety level in premenopausal wives in Brajan Village, Kasihan, Bantul, Yogyakarta. The husbands' support is an external factor which can ease their wives in experiencing premenopausal period without feeling anxious.

Keywords: Husbands' social support level, anxiety level, premenopausal women