

# Hubungan antara Aktivitas Fisik dan Gejala Premenopause pada Perempuan Pascamenopause

## ABSTRAK

### LATAR BELAKANG

Menopause merupakan kondisi terhentinya siklus menstruasi yang terjadi pada perempuan untuk jangka waktu satu tahun. Sebelum memasuki menopause seringkali timbul gejala premenopause yang dapat mengganggu aktifitas sehari-hari, gejala yang dirasakan yaitu sensasi panas pada daerah wajah, keluhan pada vagina, rasa berdebar-debar, keringat di malam hari, serta gangguan pola tidur. Banyak faktor yang mempengaruhi gejala premenopause antara lain usia saat menopause, sosioekonomi, stress psikososial, beban pekerjaan dan salah satunya aktivitas fisik, tetapi studi patofisiologi mengenai hubungan antara aktivitas fisik dengan gejala premenopause belum dapat dibuktikan. Penelitian ini bertujuan untuk menilai adanya hubungan antara aktivitas fisik dan gejala premenopause pada perempuan pascamenopause.

### METODE

Penelitian ini menggunakan metode observasional analitik dengan desain potong silang (*cross sectional*) yang dilaksanakan di Rumah Sakit Islam Cempaka Putih. Pengumpulan data untuk menilai aktivitas fisik dilakukan dengan menggunakan kuesioner aktivitas fisik global dan penilaian untuk gejala premenopause dilakukan dengan menggunakan kuesioner *menopause rating scale*.

### HASIL

Sebanyak 75 subjek penelitian telah berpartisipasi dalam penelitian ini hingga selesai. Distribusi aktivitas fisik pada subjek penelitian didapatkan 31 orang (41.3%) memiliki aktivitas ringan, dan 44 orang (58.7%) memiliki aktivitas berat. Distribusi gejala premenopause sebanyak 14 orang (18.7%) memiliki gejala ringan, 61 orang (81.3%) memiliki gejala berat. Hasil uji statistik menunjukkan bahwa terdapat hubungan antara aktivitas fisik dan gejala premenopause pada perempuan pascamenopause ( $p = 0.001$ ).

### KESIMPULAN

Terdapat hubungan antara aktivitas fisik dan gejala premenopause pada perempuan pascamenopause.

**Kata kunci:** aktivitas fisik, gejala premenopause, perempuan pascamenopause

# Relationship between Physical Activity and Premenopausal Syndrome in Postmenopausal Women.

## ABSTRACT

### BACKGROUND

Menopause is a condition that occurs cessation of the menstrual cycle in women for a period of one year. Entering the phase of menopause is associated with premenopausal symptoms that often occur and interfere with daily activities such as burning sensation in the face, the complaint in the vagina, a sense of palpitations, night sweats, as well as the disruption of sleep patterns. Many factors affecting the premenopausal symptoms between lie At menopause age, socioeconomic, psychosocial stress, work and expenses only physical activity, but study the pathophysiology relation physical activitybetween premenopausal symptoms can be proven yet. This study aimed to assess the relationship between physical activity and premenopausal syndrome in postmenopausal women.

### METHODS

This study uses an analytical method with cross sectional design carried out in the Hospital Islam Cempaka Putih. The collection of data to assess the physical activity performed by using global physical activity questionnaire and assessment for premenopausal syndrome performed by using a questionnaire *menopause rating scale*.

### RESULTS

A total of 75 research subjects have participated in this study to complete. Distribution of physical activity on the subject of research got 31 people (41.3%) have mild activity, and 44 people (58.7%) have heavy activity. Distribution premenopausal syndrome as many as 14 people (18.7%) have mild syndrome, and 61 people (81.3%) have severe syndrome. Statistical test results showed that there was a significant association between physical activity and premenopausal syndrome in postmenopausal women ( $p = 0.001$ )

### CONCLUSION

There was a significant association between physical activity and premenopausal syndrome in postmenopausal women.

**Keywords:** physical activity, premenopausal syndrome, postmenopausal women