

ABSTRAK

Menopause dapat menimbulkan rasa tidak nyaman dan dapat menyebabkan gangguan dalam melakukan aktifitas sehari-hari yang dapat menurunkan kualitas hidup. Perempuan yang sudah memasuki masa menopause agar dapat diupayakan peningkatan kualitas hidup. Hal ini dikarenakan bahwa kualitas hidup akan mempengaruhi kelangsungan hidup perempuan itu sendiri. Maka dari itu aktivitas fisik penting dilakukan oleh perempuan menopause, dapat mengurangi berbagai keluhan akibat sindrom menopause, memperbaiki kesehatan secara menyeluruh hingga meningkatkan kualitas hidup perempuan menopause. Tujuan ini yaitu untuk mengetahui hubungan aktivitas fisik dengan kualitas hidup perempuan menopause di Rw 10 Kelurahan Soklat Kecamatan Subang Kabupaten Subang.

Penelitian ini menggunakan metode kuantitatif dengan desain *cross-sectional*. Populasi penelitian ini adalah perempuan rentan usia 45-60 tahun di Rw 10 Kelurahan Soklat Kecamatan Subang Kabupaten Subang sebanyak 61 orang. Teknik sampel yaitu *consecutive sampling* sebanyak 53 responden. Instrumen menggunakan *International Physical Activity Questionnaire* (IPAQ) dan WHOQOL-BREF. Analisis yang digunakan uji *Rank Spearman*.

Hasil penelitian menunjukkan bahwa hampir setengahnya perempuan menopause melakukan aktivitas fisik sedang yaitu 22 (41,5%) dan kualitas hidup baik sebanyak 29 (54,7%). Disimpulkan bahwa ada hubungan antara aktivitas fisik dengan kualitas hidup ($P \text{ Value}=0,016<0,05$). Diharapkan kepada peneliti selanjutnya dapat menganalisis kembali mengenai faktor lain yang berpengaruh terhadap aktivitas fisik maupun kualitas hidup pada perempuan menopause.

Kata kunci : Aktivitas Fisik, Kualitas Hidup, Menopause

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ABSTRACT

Menopause can cause discomfort and can cause interference in carrying out daily activities that can reduce the quality of life. Women who have entered menopause so that efforts can be made to improve their quality of life. This is because the quality of life will affect the survival of the woman herself. Therefore, physical activity is important for menopausal women, can reduce various complaints due to menopausal syndrome, improve overall health and improve the quality of life of menopausal women.. This purpose was to determine the relationship between physical activity and the quality of life of postmenopausal women in Rw 10 Soklat Village, Subang District, Subang Regency.

This study uses a quantitative method with a cross sectional design. The population in this study were vulnerable women aged 45-60 years in Rw 10 Soklat Village, Subang District, Subang Regency as many as 61 people. The sampling technique was purposive as many as 53 respondents. Instrument use International Physical Activity Questionnaire (IPAQ) and WHOQOL-BREF. The analysis used is the Spearman Rank test.

The results showed that almost half of postmenopausal women did moderate physical activity, namely 22 (41.5%) and good quality of life as much as 29 (54.7%). It was concluded that there was a relationship between physical activity and quality of life ($P \text{ Value} = 0.016 < 0.05$). It is hoped that further researchers will be able to re-analyze other factors that affect physical activity and quality of life for menopause women

Keywords : Physical Activity, Quality of Life, Menopause
Bibliography : 5 books (2013-2020)
15 Journals (2017-2021)
6 Website (2015-2021)