

## ABSTRAK



SKRIPSI, Juli 2023

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### HUBUNGAN GEJALA PREMENOPAUSE DENGAN AKTIVITAS FISIK PADA WANITA USIA 40-50 TAHUN

Terdiri dari VI bab, 69 Halaman, 5 Tabel, 7 Diagram, 3 Skema, 11 Lampiran

**Tujuan:** Untuk mengetahui hubungan gejala premenopause dengan aktivitas fisik pada wanita usia 40-50 tahun. **Metode:** Jenis penelitian berupa deskriptif kuantitatif dengan desain *cross sectional*. Sampel terdiri dari 50 orang yang rutin melakukan senam satu kali seminggu di Club Senam Jeruk Jakarta Barat. **Hasil:** Hasil gejala premenopause menggunakan *Menopause Rating Scale* (MRS) nilai *mean*±SD sebesar 8,64±7,11 nilai minimum 2 dan maksimum 31 lalu nilai aktivitas fisik menggunakan *International Physical Activity Questionnaire-Short Form* (IPAQ-SF) nilai *mean*±SD sebesar 902,22±343,57 nilai minimum 346 METs dan maksimum 1879 METs. Uji hipotesis menggunakan uji *Fisher* didapat nilai  $p=0,001$ .  $p<0,01$  yang berarti hipotesis  $H_0$  ditolak bahwa terdapat hubungan yang signifikan antara gejala premenopause dengan aktivitas fisik. Hasil dari penelitian ini perempuan yang tidak ada gejala premenopause dan aktivitas fisiknya sedang-tinggi berjumlah 11 (84,6) sedangkan perempuan yang ada gejala premenopause dan aktivitas fisiknya ringan berjumlah 32 (86,5). **Kesimpulan:** Terdapat hubungan yang signifikan antara gejala premenopause dengan aktivitas fisik pada wanita usia 40-50 tahun.

**Kata kunci:** Wanita Usia 40-50 Tahun, Gejala Premenopause, Aktivitas Fisik.

## ABSTRACT



SKRIPSI, July 2023

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### **RELATIONSHIP OF PREMENOPAUSE SYMPTOMS WITH PHYSICAL ACTIVITY IN WOMEN AGED 40-50 YEARS**

Consists of VI chapters, 69 Pages, 5 Tables, 7 Diagram, 3 Schematics, 11 Attachments

**Objective:** To determine the relationship between premenopausal symptoms and physical activity in women aged 40-50 years. **Method:** This type of research is quantitative descriptive with a cross sectional design. The sample consisted of 50 people who regularly exercised once a week at the Jeruk Gymnastics Club, West Jakarta. **Results:** Results of premenopausal symptoms using the Menopause Rating Scale (MRS) mean  $\pm$  SD value of  $8.64 \pm 7.11$  minimum value 2 and maximum 31 then physical activity value using the International Physical Activity Questionnaire-Short Form (IPAQ-SF) mean value  $\pm$  SD is  $902.22 \pm 343.57$ , minimum value 346 METs and maximum 1879 METs. Hypothesis testing using Fisher's test obtained a value of  $p=0.001$ .  $p<0.01$  which means the hypothesis  $H_0$  is rejected that there is a significant relationship between premenopausal symptoms and physical activity. The results of this study were 11 (84.6) women who had no premenopausal symptoms and had moderate to high physical activity, while 32 (86.5) women who had premenopausal symptoms and had light physical activity. **Conclusion:** There is a significant relationship between premenopausal symptoms and physical activity in women aged 40-50 years.

**Keywords:** Women Age 40-50 Years, Premenopausal Symptoms, Physical Activity.