

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG  
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO  
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Pengaruh Pemberian Susu Kedelai Terhadap Keluhan Menopause di Wilayah Kerja Puskesmas Banjarsari

xviii + 39 halaman + 9 tabel + 2 gambar + 14 lampiran

**ABSTRAK**

Menopause merupakan fase alami dalam kehidupan wanita yang ditandai dengan berhentinya menstruasi secara permanen, biasanya terjadi pada usia 45-55 tahun. Menopause disebabkan oleh penurunan produksi hormon estrogen yang berdampak pada berbagai keluhan fisik dan psikologis, yang paling banyak bergejala yaitu 40 % wanita mengalami hot flashes, 38 % sulit tidur, 37% merasa lelah saat bekerja atau beraktivitas, dan 35 % sering merasakan lupa, 33% merasa mudah tersinggung, 31% mengalami depresi, 26% merasa nyeri sendi, dan 21% merasakan nyeri kepala yang berlebihan. Berbagai keluhan menopause juga dapat meningkatkan risiko osteoporosis, penyakit kardiovaskular, dan demensia. Terapi hormon pengganti sering digunakan untuk mengurangi gejala menopause, namun memiliki efek samping jangka panjang seperti risiko kanker payudara. Fitoestrogen merupakan senyawa alami yang terdapat didalam tumbuh-tumbuhan, telah terbukti menjadi alternatif yang lebih aman untuk mengurangi gejala menopause. Beberapa penelitian menunjukkan bahwa fitoestrogen, seperti yang ditemukan dalam produk olahan kedelai, mampu menurunkan keluhan menopause mampu memberikan manfaat bagi kesehatan tulang dan fungsi kognitif. Tujuan penelitian ini untuk mengetahui pengaruh pemberian susu kedelai terhadap keluhan menopause pada wanita usia 50-60 tahun.

Jenis penelitian ini kuantitatif dengan desain *pra eksperimen* dengan pendekatan *one group pretest-posttest design*. Jumlah populasi wanita menopause di Puskesmas Banjarsari Metro Utara Kota Metro sebanyak 166 orang. Sampel diperoleh menggunakan rumus analitik numerik berpasangan dengan  $Z_{\alpha} = 1,64$  derajat kemaknaan 95%, dan  $Z_{\beta} = 1,26$  atau kekuatan uji 90% didapatkan 45 responden. Teknik pengambilan sampel menggunakan *purposive sampling*. Pengambilan data menggunakan instrument MRS (*Menopause Rating Scale*). Data dianalisis secara univariat menggunakan skor presentase karakteristik responden dan skor mean berdasarkan hasil dari MRS, dan bivariat dengan menggunakan uji Shapirro-Wilk didapatkan hasil 0,001 (  $p\text{-value} = 0,05$ ) yang berarti berdistribusi tidak normal sehingga dilakukan uji non parametrik ( *Wilcoxon Signed-rank Test*)

Hasil dari penelitian didapatkan rata-rata keluhan menopause sebelum diberikan susu kedelai pada wanita menopause usia 50-60 Tahun di Puskesmas Banjarsari Metro Utara adalah 14,78, sesudah diberikan susu kedelai adalah 8,20. Berdasarkan hasil analisis menggunakan uji wilcoxon diperoleh  $p\text{-value}$  sebesar  $0,00 \leq \alpha (0,05)$  yang artinya ada pengaruh pemberian susu kedelai terhadap keluhan menopause.

Kesimpulan dari penelitian ini ada pengaruh pemberian susu kedelai terhadap keluhan menopause pada wanita usia 50-60 Tahun di Puskesmas Banjarsari Metro. Saran bagi tenaga kesehatan diharapkan untuk memberikan edukasi kepada masyarakat tentang manfaat susu kedelai sebagai alternatif bagi wanita menopause yang mengalami keluhan menopause.

Kata kunci : gejala menopause, susu, MRS

Daftar bacaan : 25 (1977-2022)

**KEMENKES HEALTH POLYTECHNIC TANJUNG KARANG  
MIDWIFERY DEPARTMENT METRO MIDWIFERY PROGRAM  
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The Effect of Soy Milk Feeding on Menopausal Complaints in the Banjarsari Health Center Working Area

xviii + 39 pages + 9 tables + 2 figure + 14 attachments

**ABSTRACT**

Menopause is a natural phase in a woman's life characterized by the permanent cessation of menstruation, usually occurring at the age of 45-55 years. Menopause is caused by a decrease in the production of the hormone estrogen which has an impact on various physical and psychological complaints, the most symptomatic of which are 40% of women experiencing hot flashes, 38% have difficulty sleeping, 37% feel tired when working or doing activities, and 35% often feel forgetful, 33% feel irritable, 31% experience depression, 26% feel joint pain, and 21% feel excessive headache. Various menopausal complaints can also increase the risk of osteoporosis, cardiovascular disease, and dementia. Hormone replacement therapy is often used to reduce menopausal symptoms, but has long-term side effects such as breast cancer risk. Phytoestrogens, natural compounds found in plants, have been shown to be a safer alternative to reduce menopausal symptoms. Several studies have shown that phytoestrogens, such as those found in processed soy products, are able to reduce menopausal complaints and provide benefits for bone health and cognitive function. The purpose of this study was to determine the effect of soy milk on menopausal complaints in women aged 50-60 years.

This type of research is quantitative with a pre-experimental design with a one group pretest-posttest design approach. The population of menopausal women at the Banjarsari North Metro Health Center in Metro City was 166 people. The sample was obtained using a paired numerical analytic formula with  $Z\alpha = 1.64$  degree of significance 95%, and  $Z\beta = 1.26$  or 90% test strength obtained 45 respondents. The sampling technique used purposive sampling. Data collection using the MRS (Menopause Rating Scale) instrument. Data were analyzed univariately using a percentage score of respondent characteristics and a mean score based on the results of the MRS, and bivariate using the Shapirro-Wilk test obtained a result of 0.001 ( $p$ -value = 0.05) which means abnormal distribution so that a non-parametric test (Wilcoxon Signed-rank Test) was performed.

The results of the study showed that the average menopausal complaints before being given soy milk in menopausal women aged 50-60 years at the North Metro Banjarsari Health Center was 14.78, after being given soy milk was 8.20. Based on the results of the analysis using the Wilcoxon test obtained a  $p$ -value of  $0.00 \leq \alpha$  (0.05) which means that there is an effect of giving soy milk on menopausal complaints.

The conclusion of this study is that there is an effect of giving soy milk on menopausal complaints in women aged 50-60 years at the Banjarsari Metro Health Center. Suggestions for health workers are expected to provide education to the public about the benefits of soy milk as an alternative for menopausal women who experience menopausal complaints.

Keywords : menopausal symptoms, milk, MRS

Reading list : 25 (1977-2022)