

ABSTRACT

THE CORRELATION BETWEEN PHYSICAL ACTIVITY LEVELS AND MENOPAUSE SYMPTOMS IN WOMEN AGED 40-50 YEARS (Correlation Study in the PKK RT.07-RW.XII Area, Wage Village, Sidoarjo Regency)

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Menopausal symptoms occur as women enter the menopausal phase, often hindering their ability to carry out daily activities. Physical activity plays a crucial role in supporting physical and psychological health, particularly in alleviating menopausal symptoms. Observations in the field showed that most women aged 40–50 years experienced mild complaints, such as muscle and joint pain, and tended to engage in low-intensity physical activity only 1–2 times per week. This study aimed to analyze the correlation between the level of physical activity and menopausal symptoms among women aged 40–50 years in the PKK RT.07-RW.XII area of Wage Village, Sidoarjo Regency. Using a quantitative correlational design. The study variables were physical activity level and menopausal symptoms. 34 respondents were selected based on inclusion criteria using simple random sampling. The level of physical activity was measured using the International Physical Activity Questionnaire (IPAQ) short form, and menopausal symptoms were assessed using the Menopause Rating Scale (MRS). The results showed that 50% of respondents had low physical activity levels, 38% had moderate levels, and 12% had high levels. In terms of menopausal symptoms, 47% of respondents experienced mild symptoms, 32% moderate symptoms, and 21% severe symptoms. Statistical analysis using the Spearman rank test showed a p-value of 0.000 and a correlation coefficient (r) of -0.803, indicating a very strong negative correlation. This means that the higher physical activity levels were associated with milder menopausal symptoms. The researchers recommend that the PKK leader motivate women in the community to engage in regular physical activity by utilizing available community facilities. Consistent exercise is expected to help maintain stable body weight and reduce menopausal symptoms effectively.

Keyword: Women, Physical Activity Levels, Menopausal symptoms

ABSTRAK

HUBUNGAN TINGKAT AKTIVITAS FISIK DENGAN GEJALA MENOPAUSE PADA WANITA USIA 40- 50 TAHUN (Studi Korelasi Di Wilayah PKK RT.07-RW.XII, Desa Wage, Kabupaten Sidoarjo)

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Gejala menopause merupakan fase yang terjadi ketika wanita memasuki usia menopause dan menghambat jalannya aktivitas sehari-hari. Aktivitas fisik berperan dalam menunjang kesehatan jasmani, dan psikologis yang berhubungan dengan gejala menopause. Fenomena yang terjadi menunjukkan sebagian besar wanita usia 40-50 tahun mengalami keluhan nyeri otot dan sendi dengan gejala ringan dan cenderung beraktivitas fisik 1-2x/seminggu dalam tingkatan rendah. Penelitian ini bertujuan menganalisis hubungan tingkat aktivitas fisik dengan gejala menopause pada wanita usia 40-50 tahun di wilayah PKK RT.07-RW.XII, Desa Wage, Kabupaten Sidoarjo. Penelitian menggunakan pendekatan kuantitatif dengan desain korelasional. Variabel penelitian adalah tingkat aktivitas fisik dan gejala menopause. Sampel penelitian adalah 34 responden sesuai dengan kriteria inklusi dan diambil secara *simple random sampling*. Tingkat aktivitas fisik diukur menggunakan *International Physical Activity Questionnaire (IPAQ) short form*, gejala menopause diukur menggunakan *Menopause Rating Scale (MRS)*. Hasil penelitian menunjukkan 50% responden tingkat aktivitas fisik rendah, 38% tingkat aktivitas fisik sedang, dan 12% tingkat aktivitas fisik berat. Sementara itu, 47% mengalami gejala menopause ringan, 32% gejala menopause sedang, dan 21% gejala menopause berat. Uji statistik menggunakan *rank spearman* menunjukkan nilai $p=0,000$ dan koefisien korelasi $(r)=-0.803$ kekuatan hubungan sangat kuat dengan arah negatif, semakin berat aktivitas fisik yang dilakukan semakin ringan gejala menopause yang dirasakan. Peneliti merekomendasikan kepada Ketua PKK untuk memotivasi ibu-ibu PKK melaksanakan aktivitas fisik seperti olahraga dengan memanfaatkan fasilitas yang tersedia di lingkungan sekitar, dengan harapan olahraga yang dilakukan secara rutin dapat membantu mengontrol kestabilan berat badan serta mengurangi gejala menopause.

Kata Kunci: Wanita, Tingkat Aktivitas Fisik, Gejala Menopause