

ABSTRAK

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HUBUNGAN ANTARA INSOMNIA TERHADAP KUALITAS HIDUP SUBJEKTIF PADA PEREMPUAN MENOPAUSE DI KELURAHAN BENCONGAN INDAH

(xiii + 73 Halaman; 2 Bagan; 6 Tabel; 11 Lampiran)

Pendahuluan: Insomnia menjadi salah satu faktor penentu pada kualitas hidup perempuan menopause. Hal ini disebabkan oleh ketidakmampuan perempuan untuk merespon perubahan fisiologis – hormon dalam tubuh. Prevalensi insomnia 10% menjadi perhatian karena dapat memengaruhi kualitas hidup subjektif perempuan menopause di masyarakat. **Tujuan:** Mengetahui hubungan antara insomnia terhadap kualitas hidup subjektif pada perempuan menopause di Kelurahan Bencong Indah. **Metode:** Pendekatan kuantitatif desain *cross sectional correlational* sudah dilaksanakan dari bulan Februari sampai April 2025 di Kelurahan Bencong Indah. Populasi perempuan menopause di Kelurahan Bencong Indah, sedangkan jumlah sampel ($n=155$) dengan kriteria inklusi menopause 12 bulan berturut-turut secara alamiah saja. Data insomnia dan kualitas hidup subjektif dianalisis secara univariat dan bivariat dengan uji *chi square*. Penelitian ini telah lulus kaji etik dengan nomor 039/KEPON/I/2025. **Hasil:** Rerata perempuan menopause umur 50,39 tahun dengan riwayat menarche umur 13-15 tahun, insomnia ringan (17,4%) dan sedang (10,3%), kualitas hidup subjektif baik (91,6%), dan ada hubungan antara yang signifikan antara insomnia terhadap kualitas hidup subjektif (p -value 0,001). **Kesimpulan:** Sebagian besar perempuan menopause yang mengalami insomnia mampu menjaga persepsi positif yang dipengaruhi oleh adaptasi lingkungan sosial dan budaya. Penelitian selanjutnya perlu melakukan penelitian lebih lanjut dengan metode longitudinal study untuk menghasilkan hasil yang lebih dalam.

Kata Kunci: Insomnia, Kualitas hidup subjektif, Menopause
Referensi: 70 (2015-2024)

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THE RELATIONSHIP BETWEEN INSOMNIA AND SUBJECTIVE QUALITY OF LIFE IN MENOPAUSAL WOMEN IN BENCONGAN INDAH VILLAGE

(xiii + 73 Pages; 2 Charts; 6 Tables; 11 Attachments)

Introduction: Insomnia is one of the determining factors in the quality of life of menopausal women. This is due to the inability of women to respond to physiological changes - hormones in the body. The 10% prevalence of insomnia is a concern because it can affect the subjective quality of life of menopausal women in the community. **Purpose:** Determine the relationship between insomnia and subjective quality of life in menopausal women in Bencongan Indah Village. **Methods:** The quantitative approach of cross sectional correlational design has been carried out from February to April 2025 in Bencongan Indah Village. The population was menopausal women in Bencongan Indah Village, while the number of samples ($n=155$) with the inclusion criteria of menopause 12 consecutive months naturally only. Data on insomnia and subjective quality of life were analyzed univariately and bivariately with the chi square test. This study has passed ethical review with number 039/KEPON/I/2025. **Result:** The mean age of menopausal women was 50.39 years old with a history of menarche aged 13-15 years, mild insomnia (17.4%) and moderate (10.3%), subjective quality of life was good (91.6%), and there was a significant relationship between insomnia and subjective quality of life (p -value 0.001). **Conclusion:** Most menopausal women who experience insomnia are able to maintain positive perceptions that are influenced by adaptation to the social and cultural environment. Future research needs to conduct further research with the longitudinal method.

Key words: Insomnia, Menopause, Subjective quality of life
References: 70 (2015-2024)