

## Abstrak

### PERBEDAAN EFEKTIFITAS PENDIDIKAN KESEHATAN ANTARA CERAMAH DAN DISKUSI KELOMPOK DENGAN POSTER TERHADAP PENGETAHUAN DAN KESIAPAN WANITA DALAM MENGHADAPI MENOPAUSE

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**Latar Belakang:** Wanita memiliki respon yang berbeda terhadap keluhan menjelang menopause tergantung pada kesiapan dalam menghadapi menopause. Ceramah dan diskusi kelompok dengan poster dimungkinkan efektif dalam meningkatkan pengetahuan dan kesiapan menghadapi menopause. Penelitian ini bertujuan untuk mengetahui perbedaan efektifitas ceramah dan diskusi kelompok dengan poster terhadap pengetahuan dan kesiapan menghadapi menopause.

**Metode:** Desain penelitian menggunakan *quasy experimental pretest and posttest with control group*. Besar sampel 34 responden dari 1.938 populasi yang terbagi menjadi kelompok ceramah dan diskusi kelompok dengan poster. Teknik sampling menggunakan *consecutive sampling*. Instrumen menggunakan kuesioner kesiapan menopause. Data dianalisis menggunakan Uji *t test*, *Wilcoxon*, dan *Mann-Whitney*.

**Hasil:** Karakteristik responden rerata usia kelompok ceramah dan diskusi kelompok dengan poster yaitu 46,59 dan 44,41 tahun, mayoritas berpendidikan SD, berpenghasilan rendah dan berpengetahuan baik. Tidak terdapat perbedaan pengetahuan sebelum dan sesudah ceramah ( $p=0,207$ ), pada diskusi kelompok dengan poster terdapat perbedaan ( $p=0,002$ ). Terdapat perbedaan kesiapan wanita dalam menghadapi menopause sebelum dan sesudah ceramah ( $p=0,005$ ) dan diskusi kelompok dengan poster ( $p=0,009$ ). Terdapat perbedaan yang signifikan pengetahuan ( $p=0,011$ ) dan kesiapan menopause ( $p=0,018$ ) antara ceramah. dan diskusi kelompok dengan poster.

**Kesimpulan:** Diskusi kelompok dengan poster lebih efektif dibandingkan ceramah dalam meningkatkan pengetahuan dan kesiapan wanita dalam menghadapi menopause.

Kata Kunci: Diskusi Kelompok, Kesiapan, Menopause, Poster

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## Abstract

### THE DIFFERENCE EFFECTIVENESS OF HEALTH EDUCATION BETWEEN LECTURE AND GROUP DISCUSSION WITH POSTER TO KNOWLEDGE AND WOMEN READINESS IN FACING MENOPAUSE

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**Background:** Women has different responses against complaints toward menopause depending on readiness in menopause proceeding. Lecture and group discussion with poster may be effective in improving knowledge and readiness toward menopause. This study aimed to determine difference effectiveness of lecture and group discussion with poster to knowledge and readiness in facing menopause.

**Methods:** This study used quasy experimental design with pretest and posttest group control. The sample size was 34 respondents from population of 1,938 women, which divided into lecture group and group discussion with poster group. The sampling technique used consecutive sampling. Instrument used questionnaire of menopausal readiness. Data were analyzed using t test, Wilcoxon, and Mann-Whitney.

**Result:** The age average of respondent in lecture and group discussion with poster group were 46.59 and 44.41 years, the majority of respondents have primary school education, low income and good knowledge. There was no difference in the knowledge before and after lecture ( $p=0.207$ ), and there was a difference in the group discussion with poster ( $p=0.002$ ). There was a difference in the readiness of women in facing menopause before and after lecture ( $p=0.005$ ) and group discussion with poster ( $p=0.009$ ). There was a significant difference in the knowledge ( $p=0.011$ ) and readiness in facing menopause ( $p=0.018$ ) between lecture and group discussion with poster.

**Conclusion:** Group discussion with poster was more effective than lecture on the increasing of knowledge and readiness of women when facing menopause.

Keyword: Menopause, Readiness, Group Discussion, Poster

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