

ABSTRACT

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The Illustration Of Anxiety Level Of Mother Who Do Not Work On Facing Menopause At Working Area Of Health Center Of Ogan Permata Indah (OPI) In Palembang 2017

SKRIPSI .

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Key words: Anxiety, Menopause, Mother Who Do Not Work
(xvi + 70 pages + 9 tables + 3 charts + 7 appendixes)

Background : Menopause is the ending menstrual cycle. Women who experience menopause will experience physiological, psychological and social symptom, if it is not handled properly it can cause anxiety, so it is needed knowledge and enough information about menopause. Homework watching, often leads to saturation. Loneliness at home and boredom with routine as housewives sometimes cause mental shock.

Objective: To find out the illustration of anxiety level of mother who do not work in facing menopause at working area of health center of Ogan Permata Indah (OPI) in Palembang 2017.

Method: The research uses *descriptive survey* with *cross sectional* design. 100 respondents sample are menopause women aged 45-49 years and do not work with accidental sampling technique. Collecting data uses *Hamilton anxiety rating scale* (HARS) questionnaire.

Results: The results of the study are obtained maternal age 50-54 (41%), education level of most primary-junior high (54%), maternal anxiety level who do not work in facing menopause in moderate category (46%), physiological symptom in medium category (54%), Psychological symptom in moderate category (42%), whereas light social symptom (64%). It is required the role of nurse as well as educator by giving counseling. Counselor can be done by listening to the complaint and find the solution, so that there is no excessive worry and anxiety.

References 43 (2003-2016)