

Hubungan pola diet vegetarian, asupan, aktivitas fisik, dan faktor lainnya dengan usia menopause di Jakarta Barat Tahun 2014 =  
Association of vegetarian dietary pattern dietary intake physical activity and other factors with age at natural menopause in West Jakarta in 2014

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Abstrak

Menopause adalah keadaan dimana berhentinya menstruasi secara permanen akibat hilangnya aktivitas folikel ovarium. Cepat lambatnya menopause terjadi dapat mempengaruhi peningkatan risiko penyakit degeneratif. Tujuan penelitian ini adalah untuk melihat gambaran usia menopause serta menganalisis hubungan usia menopause dengan pola diet vegetarian, asupan, aktivitas fisik, dan faktor lainnya pada wanita di Jakarta Barat pada tahun 2014. Desain penelitian ini adalah cross sectional. Penelitian dilakukan pada wanita yang mengalami menopause alami di vihara terpilih di Jakarta Barat. Penelitian dilakukan pada bulan April ? Mei 2014. Jumlah responden yang diperoleh adalah 124 orang. Rata-rata usia menopause di Jakarta Barat adalah 50,52 tahun dengan proporsi menopause dini sebesar 46,8%. Ditemukan hubungan yang signifikan antara asupan tempe dengan usia menopause ( $p$  value = 0,023). Perlu dilakukan penelitian lebih lanjut mengenai usia menopause dengan variabel-variabel yang belum diteliti pada penelitian ini.

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Menopause is a state which menstruation stopped permanently because of activity lost in follicle ovary. Timing of menopause is associated with increasing risk of degenerative disease. The objective of this study was to describe age at natural menopause and to find the association of it with vegetarian dietary patterns, dietary intake, physical activity, and other factors in West Jakarta in 2014. The design of this study was cross sectional. The population of this study were women who experienced natural menopause at four chosen temple that were located in West Jakarta. This study was conducted in April ? May 2014. Total respondent in this study were 124 respondent. Age at natural menopause was known by interview. The mean of age at natural menopause in this study was 50.52 years and the proportion of women who experienced early menopause was 46.8%. Tempeh intake ( $p$  value = 0,023) was associated with age at natural menopause. Further study about age at natural menopause and its association with other variables that have not been researched in this study is needed.