

Hubungan penggunaan kontrasepsi pil dengan usia menopause

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Abstrak

Menopause merupakan menstruasi yang berhenti secara permanen yang

disebabkan kehilangan fungsi folikel sel-sel telur. Wanita yang memasuki

menopause mengalami penurunan hormon estrogen yang mengganggu

aktivitas sehari-hari, bahkan menurunkan kualitas hidup. Penggunaan kontrasepsi pil berhubungan dengan penundaan usia dan keluhan menopause.

Penelitian ini bertujuan mengetahui hubungan antara penggunaan kontrasepsi pil terhadap usia menopause. Penelitian ini menggunakan desain

potong lintang. Populasi adalah wanita menopause di Pos Pembinaan

Terpadu (Posbindu) Kota Depok. Sampel pada penelitian adalah wanita

menopause yang berusia 45 _ 60 tahun. Teknik pengambilan sampel secara purposive sampling subjek dengan besar sampel 407 orang. Analisis

multivariat pada penelitian ini menggunakan cox proportional hazard model.

Hasil analisis multivariat menunjukkan tidak ada hubungan antara lama

penggunaan kontrasepsi pil terhadap usia menopause baik sebelum maupun sesudah dikontrol variabel kovariat, yaitu tingkat pendidikan. Namun

demikian, masih diperlukan penelitian lain dengan menggunakan desain

penelitian kohort prospektif untuk dapat melihat hubungan temporal antara

lama penggunaan kontrasepsi pil terhadap usia menopause.

Menopause is marked with the permanent cessation of menstruation due to

the loss of follicles. Earlier menopause will be likely to increase the risk

factors relating to declined estrogen level, such as osteoporosis that can lead to early death. A woman entering menopause period often experiences declined estrogen hormone that causes her to have complaints or disturbances that hinder her daily activities and even reduce her quality of life. However, the use of oral contraceptive poses a correlation with the postponing of menopause age and complaints. The primary aim of this study was to examine the relation of oral contraceptive use and age at menopause. This was an observational study with cross-sectional study design. Population in this study was all menopausal women in integrated training post (Posbindu), Depok. The sample was menopausal women among 45 _ 60 years old. Sample was 407 menopausal women taken purposive sampling. The data was analysed by cox's proportional hazard analysed. The longer use of oral contraceptive was not associated with age at menopause before and after adjusted for confounding variable (education). However, another similar studies was still needed with prospective kohort study design to know temporality causal of longer use of oral contraceptive and age at menopause.