

ABSTRAK

Latar Belakang : Wanita seiring berjalannya waktu akan mengalami fase menopause. Pembentukan esterogen dan progesteron akan berkurang saat memasuki fase menopause. Hormon esterogen terdiri dari 3 yaitu estradiol, estriol dan estron. Setelah menopause estradiol turun drastis sedangkan estron menjadi esterogen dominan. Kedua hormon tersebut menurun menyebabkan gejala seperti *hot flashes* (perasaan panas dari dada hingga wajah), leher menjadi berkeringat, *night sweats* (keringat dingin pada malam hari), dan inkontinensia urine yaitu kesulitan untuk menampung air seni yang cukup lama sehingga terjadi defisiensi volume intravaskular akibat kekurangan cairan eksternal. Hal tersebut mengganggu keseimbangan cairan di dalam pembuluh darah yang mengakibatkan kadar albumin menurun.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran kadar albumin pada wanita menopause.

Metode : Jenis penelitian yang digunakan adalah deskriptif observasional dengan desain penelitian crosssectional. Sampel yang digunakan sebanyak 36 sampel dan diperoleh dari wanita belum menopause dan sudah menopause usia 45-55 tahun. Data hasil pemeriksaan kadar albumin dianalisis secara deskriptif dan analisis statistik dengan SPSS dengan penyajian diagram batang dan tabel.

Hasil Penelitian : Berdasarkan hasil penelitian didapatkan bahwa rerata kadar albumin wanita belum menopause sebesar 4,95 g/dL dan wanita menopause sebesar 4,51 g/dL. Dari 36 responden terdapat 26 responden (73%) memiliki kadar albumin normal dan 10 responden (27%) memiliki kadar albumin tinggi.

Kesimpulan : Wanita menopause mengalami penurunan kadar albumin sebesar 0,44 g/dL atau 0,44% walaupun sebagian besar jumlah kadar albumin pada wanita belum menopause dan wanita menopause masih termasuk rentang normal.

Kata kunci : Menopause, Albumin, Menurun.

ABSTRACT

Background : Over time, women will experience the menopause phase. The formation of estrogen and progesterone will decrease when entering the menopause phase. Estrogen hormone consists of 3 namely estradiol, estriol and estrone. After menopause estradiol drops dramatically while estrone becomes the dominant estrogen. Both of these hormones decrease causing symptoms such as hot flashes (feeling of heat from the chest to the face), neck numbness, sweet nights (cold sweats at night), and urinary incontinence, which is difficulty holding air long enough to cause intravascular volume deficiency. external fluid deficiency. This disrupts the balance of fluid in the blood vessels which results in decreased albumin levels.

Research Objective : This study aims to determine the description of albumin levels in postmenopausal women.

Research Method : The type of research used is descriptive observational with a cross-sectional research design. The samples used were 36 samples and were obtained from women who were not menopausal and menopausal aged 45-55 years. Data from albumin level examination were analyzed descriptively and statistical analysis using SPSS with the presentation of bar charts and tables.

Results : Based on the results of the study, it was found that the average albumin level for women who were not menopausal was 4.95 g/dL and that of postmenopausal women was 4.51 g/dL. Of the 36 respondents, 26 respondents (73%) had normal albumin levels and 10 (27%) had high albumin levels.

Conclusion : Menopausal women experienced a decrease in albumin levels by 0.44 g/dL or 0,44% even though most of the albumin levels in women were not menopausal and postmenopausal women were still in the normal range.

Keyword : Menopause, Albumin, Decrease.