ABSTRACT

Sri Ayu Lestari. The Relationship Among Physical Activity, Nutritional Status, Habitual of Soy and Soy-Product Consumption With Menopausal Syndrome In Adult and Elder Women Life-skill Program In Bogor. Guided by IKEU TANZIHA and LEILY AMALIA.

Elder women have many changes in body composition, physiological, and psychological. One of the phases in women’s life is menopause stage that occurs at elder age compare to their younger age. Menopausal syndrome has been a problem world wide. Many researches have shown that soy-isoflavone can be a potential alternative to reduce menopausal syndrome. Physical activity and nutritional status also have roles in menopausal syndrome. Menopausal syndrome includes menopausal symptoms, self-images, and anxiety. The objectives of this research were to determine the relationship among physical activity, nutritional status, and the habitual of soy and soy-product consumption with menopausal syndrome. This was a purposed retrospective research. A population of Adult and Elder Women Life-skill Program was being involved in this research. The total sample that fulfilled the inclusion and exclusion criteria was 31 menopausal women as one population. Mostly (48.4%) samples were low educated and had family income between Rp 1 000 000 – 3 000 000 per month. The mean age was 64.5 ± 9.0 years old and had menarche at aged 13.5 ± 1.7 years old. The mean of physical activity was categorized as light (PAL = 1.69). Mostly samples were overweight (45.2%) and had an average soy and soy-product consumption (71%) that fulfilled 25% of the RDA of isoflavone consumption. The result of Pearson correlation test showed that physical activity had significant relationship with self images (r = -0.454, p < 0.05) and the consumption of soy isoflavone had significant relationship with anxiety (r = -0.445, p < 0.05). The result of multiple linear regression showed that nutritional status and soy isoflavone consumption affected menopausal symptoms. Physical activity affected self-images (R² = 0.206, p < 0.05) and soy consumption affected anxiety (R² = 0.198, p < 0.05). Nutritional status dan soy isoflavon consumption affected symptoms of menopause (R² = 0.198, p < 0.05). Generally, physical activity, nutritional status, and soy isoflavone consumption have role in menopausal syndrome (R² = 0.190, p < 0.05). Healthy lifestyle that promotes physical activity and soy consumption habit and maintain nutritional status may reduce menopausal syndrome.

Keywords : menopause, menopausal syndrome, elder women, soy isoflavone