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**EFEKTIVITAS PEMBERIAN SUSU KEDELAI DAN *STRETCHING*
TERHADAP GEJALA *HOT FLUSH* PADA WANITA PREMENOPAUSE
DI WILAYAH KERJA PUSKESMAS PANDAU JAYA**

xii + 43 Halaman + 2 Tabel + 12 Lampiran

ABSTRAK

Hot flush merupakan gejala vasomotor yang paling sering dialami wanita Premenopause akibat penurunan kadar hormon estrogen. Gejala ini dapat mengganggu aktivitas sehari-hari, kualitas tidur, dan kualitas hidup. Susu kedelai yang mengandung isoflavon sebagai fitoestrogen serta *stretching* merupakan intervensi nonfarmakologis yang berpotensi mengurangi gejala *hot flush*. Penelitian ini bertujuan untuk mengetahui efektivitas pemberian susu kedelai dibandingkan *stretching* terhadap penurunan gejala *hot flush* pada wanita Premenopause. Jenis penelitian ini adalah penelitian kuantitatif dengan desain *quasi experiment* menggunakan rancangan *two group pretest-posttest design*. Sampel penelitian berjumlah 20 wanita Premenopause yang dibagi menjadi dua kelompok, yaitu kelompok susu kedelai yang mengonsumsi 640 ml/hari (320 ml pagi dan 320 ml sore) selama 7 hari dan kelompok *stretching* yang melakukan latihan peregangan selama 5–10 menit setiap hari selama 7 hari. Gejala *hot flush* diukur menggunakan kuesioner *Hot flush Related Daily Interference Scale* (HFRDIS), kemudian data dianalisis menggunakan uji independent t-test dengan tingkat kepercayaan 95% ($\alpha = 0,05$). Hasil penelitian menunjukkan rata-rata penurunan gejala *hot flush* pada kelompok susu kedelai sebesar 1,20 (SD = 0,18), sedangkan pada kelompok *stretching* sebesar 0,72 (SD = 0,09). Hasil uji independent t-test menunjukkan terdapat perbedaan yang bermakna antara kedua kelompok ($p = 0.000$). Disimpulkan bahwa pemberian susu kedelai lebih efektif dibandingkan *stretching* dalam menurunkan gejala *hot flush* pada wanita Premenopause.

Kata Kunci : *hot flush*, susu kedelai, *stretching*, wanita Premenopause

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**THE EFFECTIVENESS OF SOY MILK AND STRETCHING ON HOT FLUSH
SYMPTOMS IN CLIMACTERIC WOMEN AT THE WORKING AREA OF
PANDAU JAYA PUBLIC HEALTH CENTER**

xii + 43 Pages + 2 Tables + 12 Appendices

ABSTRACT

Hot flush is the most common vasomotor symptom experienced by premenopausal women due to a decline in estrogen levels. This symptom can interfere with daily activities, sleep quality, and quality of life. Soy milk containing isoflavones as phytoestrogens and stretching are non-pharmacological interventions that have the potential to reduce hot flush symptoms. This study aimed to determine the effectiveness of soy milk administration compared with stretching in reducing hot flush symptoms among premenopausal women. This study employed a quantitative research method with a quasi-experimental design using a two-group pretest-posttest design. The sample consisted of 20 premenopausal women who were divided into two groups: the soy milk group, which consumed 640 mL/day (320 mL in the morning and 320 mL in the afternoon) for 7 days, and the stretching group, which performed stretching exercises for 5–10 minutes daily for 7 days. Hot flush symptoms were measured using the Hot Flush Related Daily Interference Scale (HFRDIS) questionnaire. The data were analyzed using an independent t-test with a 95% confidence level ($\alpha = 0.05$). The results showed that the mean reduction in hot flush symptoms was 1.20 (SD = 0.18) in the soy milk group, while it was 0.72 (SD = 0.09) in the stretching group. The independent t-test showed a statistically significant difference between the two groups ($p = 0.000$). It was concluded that soy milk administration was more effective than stretching in reducing hot flush symptoms among premenopausal women.

Keywords: *hot flush, soy milk, stretching, premenopausal women*

References: 29 (2016–2026)