

# PENGARUH VIDEO EDUKASI BISINDO TERHADAP TINGKAT PENGETAHUAN DISMENOREA PADA REMAJA PUTRI DISABILITAS TUNARUNGU

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## INTISARI

**Latar Belakang:** Dismenorea merupakan salah satu gangguan yang di alami oleh perempuan ketika menstruasi, sama halnya dengan remaja putri disabilitas tunarungu. Keterbatasan yang dimiliki akan menghambat proses informasi dan pengetahuan. Untuk dapat meningkatkan pengetahuan perlu di dapatkan informasi yang tepat. Video BISINDO merupakan salah satu media alternatif yang dapat digunakan karena tampilan yang menarik dengan suara dan gambar bergerak serta perpaduan Bahasa Isyarat Indonesia (BISINDO).

**Tujuan Penelitian:** Untuk mengetahui pengaruh media video edukasi BISINDO terhadap tingkat pengetahuan dismenorea pada remaja putri disabilitas tunarungu di Pondok Pesantren Darul A'shom.

**Metode Penelitian:** Penelitian ini merupakan jenis penelitian kuantitatif, dengan jenis rancangan *one group pretest – posttest*. Pengambilan data dilakukan pada bulan Juni 2022. Populasi penelitian berjumlah 30 orang yang merupakan remaja putri disabilitas tunarungu dan sudah menstruasi pada Pondok Pesantren Darul A'shom. Sampel penelitian berjumlah 30 orang dengan teknik *total sampling*. Alat ukur yang digunakan berupa kuesioner dan media video edukasi BISINDO. Analisa bivariat menggunakan uji *Wilcoxon*.

**Hasil Penelitian:** Hasil penelitian sebelum diberikan edukasi video BISINDO menunjukkan sebagian besar responden berpengetahuan kurang sebanyak 53,3% dengan nilai median 55 dan rerata 57,03, sedangkan setelah diberikan edukasi video BISINDO menunjukkan responden berpengetahuan cukup sebanyak 76,7% dengan nilai median 63 dan rerata 62,90. Hasil uji *Wilcoxon* diperoleh *p value* 0,004.

**Kesimpulan:** Ada pengaruh penggunaan video edukasi BISINDO terhadap tingkat pengetahuan dismenorea pada remaja putri disabilitas tunarungu di Pondok Pesantren Darul A'shom, dari berpengetahuan kurang dengan rerata 57,03 menjadi berpengetahuan cukup dengan rerata 62,90.

**Kata Kunci:** Disabilitas, Dismenorea, Pengetahuan, Remaja, Tunarungu, Video

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# THE EFFECT OF BISINDO'S EDUCATIONAL VIDEOS ON THE LEVEL OF KNOWLEDGE ABOUT DYSMENORRHEA IN ADOLESCENT GIRLS WITH HEARING IMPAIRMENT DISABILITY

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## ABSTRACT

**Background:** Dysmenorrhea is one of the issues experienced by women during menstruation, as well as adolescent girls with hearing impairments. These limitations will hinder the process of information and knowledge. To obtain the knowledge, it is necessary to get the right information. BISINDO video is one of the alternative media that can be used because of its attractive appearance with sound and moving images and the combination of Indonesian Sign Language (BISINDO).

**Research Objectives:** To find out the effect of BISINDO educational video media on the level of knowledge about dysmenorrhea in adolescent girls with hearing impairments at Pondok Pesantren Darul A'shom.

**Research Methods:** This research belongs to quantitative research, with a one group pretest – posttest type of design. Data collection was carried out in June 2022. The study population consisted of 30 adolescent girls who were deaf and had menstruation experience at Pondok Pesantren Darul A'shom. The research sample amounted to 30 people with a total sampling technique. The measuring tools used were questionnaires and BISINDO educational video media. Bivariate analysis was carried out using Wilcoxon test.

**Research Results:** The results of the study showed that, before given the BISINDO video education, most of the respondents had less knowledge as much as 53.3% with a median value of 55 and a mean of 57.03, meanwhile, after given the BISINDO video education, respondents showed sufficient knowledge of 76.7% with a median value of 63 and an average of 62.90. The Wilcoxon test results obtained p value of 0.004.

**Conclusion:** There is an effect of using BISINDO educational videos on the level of knowledge about dysmenorrhea in adolescent girls with hearing impairments at Pondok Pesantren Darul A'shom from less knowledgeable with an average of 57.03 to moderately knowledgeable with an average of 62.90.

**Keywords:** Disability, Dysmenorrhea, Knowledge, Adolescent, Hearing Impairment, Video

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