

GAMBARAN INTENSITAS DAN PENANGANAN DISMENOREA PRIMER PADA REMAJA PUTRI DI SMPN 3 KASIHAN BANTUL

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INTISARI

Latar Belakang: Dismenorea merupakan suatu gangguan yang dapat menimbulkan keluhan nyeri pada perut bawah, nyeri pada perut bawah ini berasal dari kram rahim yang terjadi selama menstruasi. Angka kejadian nyeri dismenorea di dunia sangat besar, rata-rata 50% wanita mengalami dismenorea di setiap Negara. Dismenorea tidak bisa dibiarkan begitu saja tanpa adanya penanganan secara nonfarmakologi dan farmakologi karena dapat mengganggu aktivitas dan selain itu dapat berdampak gangguan pada sistem reproduksi.

Tujuan: Untuk mengetahui gambaran intensitas dan penanganan dismenorea primer pada remaja putri di SMPN 3 Kasihan Bantul berdasarkan usia, usia *menarche*, lama menstruasi, dan riwayat dismenorea dalam keluarga.

Metode: Jenis metode penelitian ini adalah deskriptif kuantitatif. Teknik pengambilan sampel menggunakan *stratified random sampling*. Sampel yang digunakan sebanyak 56 siswi. Pengambilan Data diambil pada tanggal 26 juli 2022 dengan menggunakan kuesioner intensitas dan penanganan dismenorea. Kemudian analisa data menggunakan analisa univariat dengan distribusi frekuensi.

Hasil: Hasil penelitian menunjukkan mayoritas intensitas dan penanganan dismenorea siswi. Intensitas sedang (Skala 4-6) sebanyak 36 siswi (64,3%). Intensitas dismenorea berdasarkan usia sebanyak 18 siswi (32,1%), berdasarkan usia *menarche* 20 siswi (35,7%), berdasarkan lama menstruasi sebanyak 26 siswi (46,4%) dan berdasarkan riwayat dismenorea keluarga sebanyak 30 siswi (53,6%). Hasil penelitian penanganan dismenorea mayoritas kurang sebanyak 54 siswi (96,4%) berdasarkan usia mayoritas 21 siswi (37,5%), berdasarkan usia *menarche* 26 siswi (46,4%), berdasarkan lama menstruasi sebanyak 37 siswi (66,1%) dan berdasarkan riwayat dismenorea keluarga sebanyak 43 siswi (76,8%).

Kesimpulan: Intensitas dismenorea primer pada remaja putri di SMPN 3 Kasihan Bantul mayoritas mengalami dismenorea pada nyeri sedang (Skala 4-6) sebanyak 36 siswa (64,3%) dan penanganan dismenorea pada remaja putri di SMPN 3 Kasihan Bantul mayoritas mempunyai tingkat penanganan dismenorea kurang sebanyak 54 siswa (96,4%).

Kata kunci: Intensitas, Penanganan, Dismenorea Primer, Remaja

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DESCRIPTION OF THE INTENSITY AND TREATMENT OF PRIMARY DYSPHENOROREA IN ADOLESCENT WOMEN AT SMPN 3 KASIHAN BANTUL

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ABSTRACT

Background: Dysmenorrhea is a disturbance which can cause cramping pain in the lower abdomen. This pain which is in the lower abdomen inflicted by uterine cramps that the women have during menstruation. The numbers of dysmenorrhea cramp incidences in the world are so big, more or less than 50% of women have dysmenorrhea in every country. Dysmenorrhea cannot just let it happen without any treatment non-pharmacologically and pharmacologically, because it can disturb activities, and affect the reproductive system.

Purpose: To find out an overview of intensity and treatment of primary dysmenorrhea among adolescent girls at SMPN 3 Kasihan Bantul based on age, age of menarche, menstruation period, and family history of dysmenorrhea.

Method: The kind of research method used is descriptive-quantitative research. Sampling technique used is stratified random sampling. Sample used is 56 female students. Data taken on July 26th, 2022 using questionnaire regarding the intensity and treatment of dysmenorrhea. Furthermore, data analysis technique used is univariate analysis with frequency distribution.

Result: The result of the research shows the majority of intensity and treatment of dysmenorrhea among female students. The intensity "medium" (scale 4-6) is up to 36 female students (64.3%). The intensity of dysmenorrhea based on age amounts to 18 female students (32.1%), while the intensity based on age of menarche amounts to 20 female students (35.7%). Meanwhile, the intensity based on menstruation period amounts to 26 female students (46.4%), and the intensity based on family history of dysmenorrhea amounts to 30 female students (53.6%). Furthermore, the result of the research shows that the majority of dysmenorrhea treatment is less than 54 female students (96.4%). The treatment based on the majority of age amounts to 21 female students (37.5%), and the treatment based on age of menarche amounts to 26 female students (46.4%), while the treatment based on menstruation period amounts to 37 female students (66.1%), and the treatment based on family history of dysmenorrhea amounts to 43 female students (76.8%).

Conclusion: The intensity of primary dysmenorrhea among adolescent girls at SMPN 3 Kasihan Bantul is mostly on the scale "medium" (4-6) and amounts to 36 female students (64.3%), and the treatment of dysmenorrhea among adolescent girls at SMPN 3 Kasihan Bantul mostly has treatment level of dysmenorrhea less than 54 female students (96.4%).

Keywords: Intensity, Treatment, Primary Dysmenorrhea, Adolescent.

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