

# GAMBARAN SIKAP REMAJA PUTRI RETARDASI MENTAL (INTELECTUAL DISABILITY) MENGHADAPI MENSTRUASI DI SLB NEGERI 1 BANTUL YOGYAKARTA

Rosdianti Rukmana<sup>1</sup>, Dwi Yati<sup>2</sup>

## ABSTRAK

**Latar Belakang:** Bagi remaja putri, menstruasi merupakan indikator kematangan seksual, masa peralihan dari remaja menjadi dewasa. Baik buruknya menstruasi dipengaruhi oleh sikap terhadap menstruasi. Remaja putri dengan sikap positif lebih sedikit mengalami sakit saat menstruasi dibandingkan remaja putri dengan sikap negatif terhadap menstruasi.

**Tujuan Penelitian:** Diketahui gambaran sikap remaja putri retardasi mental (*Intelektual disability*) dalam menghadapi menstruasi di SLB 1 Bantul Yogyakarta.

**Metode Penelitian:** Jenis penelitian ini adalah penelitian deskriptif dengan rancangan *cross sectional*. Populasi pada penelitian ini adalah siswi retardasi mental yang berumur 13-21 tahun di SLB Negeri 1 Bantul Yogyakarta yang sudah mengalami menstruasi. Teknik pengambilan sampel menggunakan *total sampling* didapatkan 60 orang. Alat ukur menggunakan kuesioner. Pengambilan data dilakukan pada bulan April 2019. Analisa data menggunakan analisa deskriptif.

**Hasil:** Sikap remaja putri retardasi mental (*intelectual disability*) dalam menghadapi menstruasi sama besar antara sikap positif dan negatif, masing-masing 30 orang (50%). Remaja putri dengan retardasi mental yang menunjukkan sikap positif sebagian besar berumur antara 16-18 tahun (30%), berpendidikan SMP (33,3%), pernah mendapatkan informasi tentang menstruasi (50%), mendapatkan informasi dari orang tuanya (33,3%). Remaja putri dengan retardasi mental yang menunjukkan sikap negatif berumur antara 13-15 tahun (26,7%), berpendidikan SMP (36,7%), pernah mendapatkan informasi tentang menstruasi (46,7%), mendapatkan informasi dari orang tuanya (30%).

**Kesimpulan:** Sikap positif remaja putri retardasi mental (*intelectual disability*) dalam menghadapi menstruasi paling banyak pada komponen afektif yaitu 37 orang (61,7%) sedangkan sikap negatif paling banyak pada komponen konatif dan kognitif yaitu 34 orang (56,7%).

**Kata Kunci:** Sikap, Retardasi Mental, Menstruasi

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<sup>1</sup> Mahasiswa S1 Keperawatan Universitas Achmad Yani Yogyakarta

<sup>2</sup>Dosen STIKES Achmad Yani Yogyakarta

# **DESCRIPTION OF ADOLESCENT ADOLESCENT PRINCESS MENTAL (INTELLECTUAL DISABILITY) FACING MENSTRUATION IN SLBN 1 BANTUL YOGYAKARTA**

Rosdianti Rukmana<sup>1</sup>, Dwi Yati<sup>2</sup>

## **ABSTRACT**

**Background:** For young women, menstruation was an indicator of sexual maturity, the transition from adolescence to adulthood. Good or bad menstruation was influenced by attitudes towards menstruation. Young women with positive attitudes experience less pain during menstruation than young women with negative attitudes towards menstruation.

**Research Objectives:** A description of the attitudes of adolescent girls with mental retardation (intellectual disability) in facing menstruation in SLB 1 Bantul, Yogyakarta.

**Research Methods:** These research was a quantitative study with cross sectional design. The population in this study were mental retardation students aged 13-21 years in SLB Negeri 1 Bantul Yogyakarta who had experienced menstruation. The sampling technique used total sampling found 60 people. Measuring instruments used a questionnaire. Data was collected in April 2019. Data analysis used descriptive analysis.

**Results:** Young women with mental retardation who showed positive attitudes majority aged between 16-18 years (30%), had a junior high school education (33. 3%), had received information about menstruation (50%), had received information from their parents (33. 3 %). Adolescent girls with mental retardation who showed negative attitudes aged between 13-15 years (26. 7%), had junior high school education (36. 7%), had information about menstruation (46. 7%), received information from their parents (30 %).

**Conclusion:** Positive attitudes of adolescent girls with mental retardation (intellectually disabillity) in dealing with menstruation were mostly on the affective component, 37 people (61. 7%), while negative attitudes were mostly on the cognitive and cognitive components, 34 people (56. 7%).

Keywords: Attitude, Mental Retardation, Menstruation

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<sup>1</sup> Student of Nursing S1 Achmad Yani University of Yogyakarta

<sup>2</sup> Lecture of Achmad Yani University of Yogyakarta