

GAMBARAN KEJADIAN DISMENOIRE PRIMER PADA REMAJA PUTRI DI SMA 1 KASIHAN YOGYAKARTA

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INTISARI

Latar Belakang: Dismenore menyebabkan penderitanya merasakan kram dan nyeri pada perut bagian bawah, serta pusing yang dapat timbul sebelum atau selama menstruasi.

Tujuan Penelitian: Tujuan dari penelitian ini yaitu untuk mengetahui gambaran kejadian dismenore primer berdasarkan karakteristik, skala nyeri dan cara penanganan nyeri dismenore pada remaja putri.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan metode pendekatan deskriptif. Sampel penelitian ini yaitu 133 siswi kelas XI di SMAN 1 Kasihan, Bantul, Yogyakarta. Penelitian ini dilaksanakan dari bulan April hingga Mei 2025. Instrumen yang digunakan berupa kuisioner dan alat ukur yang digunakan yaitu NRS (*Numeric Rating Scale*) untuk mengukur tingkat nyeri responden.

Hasil: Hasil penelitian ini menunjukkan bahwa mayoritas responden mengalami dismenore primer sebanyak 104 responden (78,2%) yang memiliki pengalaman dismenore paling banyak berusia 17 tahun sebanyak 74 (55,6%), lama waktu menstruasi 2 hari sebanyak 60 (45,1%), kebiasaan olahraga sebanyak 60 (45,1%), jenis olahraga lari sebanyak 51 (38,3%), IMT kategori normal sebanyak 54 (40,6%), riwayat keluarga sebanyak 85 (63,9%), cara penanganan paling banyak non-farmakologis sebanyak 82 (61,7%), dan skala nyeri paling banyak di skala berat sebesar 53 (39,8%).

Kesimpulan: Kejadian dismenore primer masih banyak terjadi pada remaja dengan karakteristik yang berbeda dan rata rata skala nyeri di tingkat berat. Berdasar hasil tersebut diharapkan remaja putri untuk mengubah gaya hidup sehat untuk mengurangi kejadian dismenore saat menstruasi.

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DESCRIPTION OF THE OCCURRENCE OF PRIMARY DYSMENORRHEA IN YOUNG WOMEN AT SMA 1 KASIHAN YOGYAKARTA

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ABSTRAK

Background: Dysmenorrhea causes sufferers to feel cramps and pain in the lower abdomen, and back that can arise before or during menstruation.

Objectives: The purpose of this study is to find out the description of the incidence of primary dysmenorrhea based on the characteristics, scale of pain and how to treat dysmenorrhea pain in adolescent girls.

Methods: This study is a quantitative research with a descriptive approach method. The sample of this study is 133 grade XI students at SMAN 1 Kasihan, Bantul, Yogyakarta. The instrument used was a questionnaire and a measuring tool used, namely NRS (*Numeric Rating Scale*) to measure the level of pain of respondents.

Results: The results of this study showed that the majority of respondents experienced primary dysmenorrhea as many as 104 respondents (78.2%) who had dysmenorrhea experience at most 17 years old as much as 90 (67.7%), the length of dysminor pain time of 2 days as much as 64 (48.1%), exercise habits as many as 75 (56.4%), the type of running sports as many as 60 (45.1%), the normal category BMI as many as 70 (52.6%), family history as many as 95 (71.4%), The most non-pharmacological treatment methods were 104 (78.2%), and the most pain scale was on the controlled weight scale at 48 (36.1%).

Conclusion: The incidence of primary dysmenorrhea is still prevalent in adolescents with different characteristics and an average scale of pain at the severity level. Based on these results, it is hoped that adolescent girls will change a healthy lifestyle to reduce the incidence of dysmenorrhea during menstruation.

Keywords: Adolescent girls, Primary dysmenorrhea

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