

GAMBARAN TINGKAT PENGETAHUAN SISWI KELAS XI TENTANG *DISMENOIRE* DI SMA N 1 TURI SLEMAN

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INTISARI

Latar Belakang: *Dismenore* biasanya baru timbul 2 atau 3 tahun sesudah menarche. Walaupun umumnya tidak berbahaya, namun seringkali dirasa mengganggu bagi wanita yang mengalaminya. Angka kejadian nyeri menstruasi di dunia sangat besar rata-rata lebih dari 50% perempuan di setiap negara mengalami nyeri menstruasi. Angka kejadian (prevalensi) nyeri menstruasi berkisar 45-95% dikalangan wanita usia produktif. Dahulu nyeri haid dianggap sebagai masalah psikologis wanita, tetapi sekarang merupakan kondisi medis yang nyata dan menyebabkan gangguan apabila tidak diatasi dengan baik.

Tujuan: Untuk mengetahui tingkat pengetahuan siswi kelas XI tentang *Dismenore* di SMA Negeri 1 Turi Sleman.

Metode: Penelitian ini merupakan jenis penelitian *deskriptif Non Analitik*, dengan pengambilan sampel *consecutive sampling* dengan jumlah sampel 56 siswi. Instrumen penelitian menggunakan kuesioner yang telah di uji validitas dan reliabilitasnya. Teknik analisa data dengan analisa univariat menggunakan distribusi frekuensi.

Hasil: Dari hasil penelitian terhadap 56 siswi kelas XI SMA Negeri 1 Turi Sleman diperoleh hasil 32,1% responden memiliki pengetahuan berkategori baik, 67,9% responden berkategori cukup dan 0% berkategori kurang.

Kesimpulan: berdasarkan hasil penelitian menunjukkan bahwa sebagian besar siswi kelas XI SMA Negeri 1 Turi Sleman mempunyai pengetahuan cukup tentang *Dismenore*.

Kata Kunci: Pengetahuan siswi, *Dismenore*

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**THE DESCRIPTION OF KNOWLEDGE LEVEL OF SECOND GRADE
FEMALE STUDENTS ABOUT DYSMENORRHEA IN STATE
SENIOR HIGH SCHOOL 1, TURI, SLEMAN**

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ABSTRACT

Background: Dysmenorrhea is usually only occur 2 or 3 years after menarche. Although generally harmless, but often felt disturbing for women who experience it. The incidence of menstrual pain very large world average of more than 50% of women experience menstrual pain in every state. The incidence (prevalence) menstrual pain ranged 45-95% among women of childbearing age. First painful menstruation women are considered as a psychological problem, but now is are all medical condition and cause disruption if not addressed properly.

Purpose: To determine the knowledge level a student of class XI about dysmenorrhea in SMA N 1 Turi Sleman.

Methods: This study is a descriptive research Non-Analytical, with consecutive sampling with a sample of 56 female students. The research instrument used a questionnaire that had been tested for validity and reliability. The data analysis of univariate analysis using frequency distribution.

Results: From the results toward 56 female students of class XI SMA 1 Turi Sleman results obtained 32.1% of the respondents had a good knowledge category, 67.9% of respondents enough categorized and 0% less categorized.

Conclusion: based on the results of the study showed that the majority of class XI student of SMA Negeri 1 Turi Sleman have enough knowledge about dysmenorrhea.

Keywords: Knowledge, Dysmenorrhea.

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