

## INTISARI

### TINGKAT PENGETAHUAN SISWI KELAS XI TENTANG KEJADIAN *DYSMENORREA* DI SMA N 1 IMOIRI BANTUL

Arni Kusuma Devi<sup>1</sup>, Ristiana Eka Ariningtyas<sup>2</sup>

**Latar Belakang:** Nyeri haid (*dysmenorrea*) adalah nyeri yang bersifat kram di bagian bawah perut, pinggang bawah, dan sampai paha. Data menunjukkan 45-95% wanita di Indonesia mengalami *dysmenorrea* pada usia produktif. Penyebab nyeri haid bervariasi, dari perubahan hormonal ketika mulai haid, dan kecemasan yang berlebihan.

**Tujuan:** Mengetahui tingkat pengetahuan *dysmenorrea* pada siswi kelas XI di SMA N 1 Imogiri Bantul.

**Metode Penelitian:** Penelitian ini menggunakan metode *deskriptif non analitik*. Populasi siswi kelas XI SMA N 1 Imogiri Bantul. Pengambilan sampel pada bulan Juli diambil dengan tehnik sampling jenuh sebanyak 110 siswi. Instrumen penelitian menggunakan kuesioner dan hasil penelitian dianalisa dengan distribusi frekuensi.

**Hasil:** Hasil penelitian tentang tingkat pengetahuan *dysmenorrea* pada siswi kelas XI dari 110 responden, terdapat 35 orang siswi berpengetahuan baik (31,8%), 59 orang siswi berpengetahuan cukup (53,6%), dan 16 orang siswi berpengetahuan kurang (14,5%).

**Kesimpulan:** Tingkat pengetahuan pada siswi kelas XI tentang kejadian *dysmenorrea* paling banyak dalam kategori cukup di SMA N 1 Imogiri Bantul.

**Kata Kunci:** Pengetahuan, *dysmenorrea*, siswi

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# THE KNOWLEDGE LEVEL OF GRADE XI FEMALE STUDENTS ABOUT DYSMENORREA EXPERIENCE AT SENIOR HIGH SCHOOL 1 OF IMOIRI BANTUL

## ABSTRACT

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**Background:** Dysmenorrea is a pain that is characterized by cramping at underbelly, under waist even until thigh. Data showed 45-95% women in Indonesia have dysmenorrea in productive age. Causing of dysmenorrea is various, from hormonal change when coming menstruation, even over anxiousness.

**Objective:** To know knowledge level of grade XI female students about dysmenorrea at State 1 Senior High School of Imogiri Bantul.

**Research method:** This research used descriptive non analytic method. Population is female students of grade XI 1 Senior High School of Imogiri Bantul. Samping was done in July and using saturated sampling as many 110 female students. Research instrument used questionnaire and research result was analyzed by frequency distribution.

**Result:** the research result about knowledge level of dysmenorrea on the grade XI female students from 110 respondents, that is 35 female students have good knowledge (31,8%), 59 female students have enough knowledge (53,6%), and 16 female students have less knowledge (14,5%).

**Conclusion:** Knowledge level of grade xi female students about dysmenorrea experience is mostly in the category enough at 1 Senior High School of Imogiri Bantul.

**keywords:** knowledge, dysmenorrea, female student

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