

**THE OVERVIEW OF FEMALE TEEN'S KNOWLEDGE LEVEL ABOUT
DYSMENORRHOEA AT VOCATIONAL HIGH SCHOOL OF
ALMUNAWWIR KRAPYAK
YOGYAKARTA**

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ABSTRACT

Background: The rate event of dysmenorrhoea in the world is very great. Anmore than 50% women in each country have experienced it, in America, the percentage number is about 60% and Swedish is about 72%. While, in Indonesia the number is approximated 55% productive women who have dysmenorrhoea. The prevalence number of dysmenorrhoea is about 45-95% in the productive age women. One of the triggers of this dysmenorrhoea is physical disorder factor such as unstable emotional who that if they have dysmenorrhoea will cause anxiety. Beside that dysmenorrhoea may not been let happener because will be very detrimental to women productivity.

Goal: To know overview of female teen's knowledge level about dysmenorrhoea

Method: It used descriptive method by cross sectional approach. Sampling technique used saturated sample with subject all of female students at vocational high school of Al-Munawwir Krapyak Yogyakarta. Number of sample was as many 35 people, data collectiong technique used questionnaire which has been examined the validity and reliability.

Research: The knowledge level of female teens about dysmenorrhoea at vocational high school of Al-Munawwir Krapyak Yogyakarta from 35 respondents mostly is category enough 25 respondents (72,4%). while, in category good is 2 respondents (5,7%) and category less is 8 respondents (22,9%).

Conclusion: The knowledge level of female teens about dysmenorrhoea at vocational high school of Al-Munawwir Krapyak Yogyakarta mostly is in the category enough.

Key of terms: Knowledge level, teenager, dysmenorrhoea

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**GAMBARAN TINGKAT PENGETAHUAN REMAJA PUTRI TENTANG
DISMENOREA DI SMK AL-MUNAWWIR KRAPYAK
YOGYAKARTA**

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INTISARI

Latar Belakang : Angka kejadian dismenorea di dunia sangat besar. Rata-rata lebih dari 50% perempuan disetiap negara mengalami dismenorea, di Amerika sebanyak 60% dan Swedia sebanyak 72%. Sementara di Indonesia angkanya diperkirakan 55% perempuan produktif yang mengalami dismenorea. Angka kejadian (prevalensi) dismenorea sebanyak 45-95% dikalangan wanita usia produktif. Salah satu faktor pemicu terjadinya dismenorea adalah adanya faktor gangguan psikis seperti emosional yang tidak stabil sehingga bila mengalami dismenorea akan menyebabkan kekhawatiran. Selain itu dismenorea tidak boleh dibiarkan karena akan sangat merugikan produktivitas perempuan

Tujuan : Untuk mengetahui tingkat pengetahuan remaja tentang dismenorea.

Metode : Menggunakan metode deskriptif dengan pendekatan *cross sectional*. Teknik *sampling* menggunakan sampel jenuh dengan subjek seluruh siswa putri di SMK Al-Munawwir Krapyak Yogyakarta. Jumlah sampel sebanyak 35 orang, teknik pengumpulan data menggunakan kuesioner yang telah diuji validitas dan reliabilitas.

Hasil : Tingkat pengetahuan remaja putri tentang dismenorea di SMK Al-Munawwir Krapyak Yogyakarta dari 35 responden sebagian besar dalam kategori cukup 25 responden (71,4%). Sedangkan kategori baik 2 responden (5,7%) dan kategori kurang 8 responden (22,9%).

Kesimpulan : Tingkat pengetahuan remaja putri tentang dismenorea di SMK Al-Munawwir Krapyak Yogyakarta sebagian besar dalam kategori cukup.

Kata Kunci : Tingkat pengetahuan, Remaja, Dismenorea

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