

GAMBARAN PERILAKU REMAJA PUTRI DALAM PENANGANAN KELUHAN *DISMENOREA* DI SMK AL-MUNAWWIR KRAPYAK BANTUL YOGYAKARTA

INTISARI

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Latar Belakang: Hampir seluruh perempuan dan juga termasuk remaja putri pasti pernah mengalami gangguan saat menstruasi. Salah satunya adalah *dismenorea*. Rata-rata lebih dari 50% perempuan disetiap negara pernah mengalaminya, angka kejadian *dismenorea* berkisar 45-95% di kalangan wanita usia reproduktif. Berdasarkan hasil studi pendahuluan yang telah dilakukan di SMK Al-Munawwir, hasil wawancara dari 8 siswa putri didapatkan bahwa seluruhnya pernah mengalami *dismenorea* dengan melakukan penanganan 6 siswa putri mengoleskan minyak dan 2 siswa putri mengkonsumsi jamu/ obat tradisional. Belum adanya UKS dan tidak adanya kerjasama dengan puskesmas juga mempengaruhi perilaku penanganan keluhan *dismenorea*.

Tujuan: Mengetahui gambaran perilaku remaja putri dalam penanganan keluhan *dismenorea* di SMK Al Munawwir Krapyak Bantul Yogyakarta.

Metode Penelitian: Metode penelitian ini adalah *non-analitik*. Lokasi penelitian di SMK Al-Munawwir. Waktu pelaksanaan pada tanggal 4-5 Juni 2015, jumlah responden 35 siswa putri dengan teknik pengambilan sampel menggunakan *purposive sampling*, alat pengambilan data menggunakan kuesioner tertutup. Variabel penelitian yaitu variabel tunggal.

Hasil: Sebanyak 19 (54,3%) responden memiliki perilaku penanganan keluhan *dismenorea* dengan kategori kurang. Perilaku pemeliharaan kesehatan dalam penanganan keluhan *dismenorea* dengan kategori baik sebanyak 24 (68,6%) responden dan perilaku pemanfaatan terhadap sistem pelayanan kesehatan dalam penanganan keluhan *dismenorea* dengan kategori kurang sebanyak 24 (68,6%) responden.

Kesimpulan: Hasil penelitian didapatkan bahwa perilaku remaja putri dalam penanganan keluhan *dismenorea* di SMK Al-Munawwir Krapyak Bantul dalam kategori kurang.

Kata kunci : Perilaku penanganan, *dismenorea*.

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THE OVERVIEW OF FEMALE TEENS BEHAVIOR IN HANDLING DYSMENORRHOEA COMPLAINT AT VOCATIONAL HIGH SCHOOL OF AL-MUNAWWIR KRAPYAK BANTUL YOGYAKARTA

ABSTRACT

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Background: Almost all women and also female teens exactly have experienced menstrual disorders. One of those is dysmenorrhoea. An average of more than 50% women in each country have experienced it, the event rate of dysmenorrhoea is about 45-95% in the reproductive age women. According to the preface study result which had been conducted at vocational high school of Al-Munawwir, the interview result from 8 female students was obtained that all the students have experienced dysmenorrhoea by doing treatment 6 students applied oil and 2 students consumed herbal drink /traditional medicine. Lack of school health unit and lack of corporation with public health also influence the treatment behavior of dysmenorrhoea complaint.

Goal: To know overview of female teens behavior in handling dysmenorrhoea complaint at vocational high school of Al-Munawwir Krapyak Bantul Yogyakarta.

Research method: Research method was non-analytical research. Research location was at vocational high school of Al-Munawwir. Time of research was at June 4-5 2015, number of respondents 35 female students with sampling technique by using purposive sampling. Data collecting tool used closed questionnaire, research variable was single variable.

Research result: As many 19 (54,3%) respondents have treatment behavior of dysmenorrhoea complaint with less category. Health care behavior in the treatment of dysmenorrhoea complaint with good category is as many 24 (58,6%) respondents and usage behavior toward health service system in handling dysmenorrhoea complaint with less category is as many 24% (68,6%) respondents.

Conclusion: The research result is obtained that the female teens behavior in handling dysmenorrhoea complaint at vocational high school of Al-Munawwir Krapyak Bantul in the less category.

Key of terms: Treatment behavior, dysmenorrhoea

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