

**GAMBARAN PENGETAHUAN REMAJA PUTRI  
KELAS XI TENTANG DISMENOREA PRIMER  
DI MADRASAH ALIYAH NEGERI  
WATES I KULON PROGO**

Niken Jian Pramudita<sup>1</sup>, Dechoni Rahmawati<sup>2</sup>

**INTISARI**

**Latar Belakang :** Prevalensi nyeri haid di dunia sangat besar. *Dismenorea* dialami 30-50% wanita produktif. Hasil studi pendahuluan di MAN Wates I Kulon Progo diperoleh data sebanyak 17 siswi kelas X, yaitu 16 siswi tidak mengerti tentang nyeri perut yang dialami saat menstruasi merupakan salah satu gangguan menstruasi, 1 siswi mengetahui nyeri perut yang dialami saat menstruasi merupakan gangguan menstruasi.

**Tujuan Penelitian :** Mengetahui gambaran pengetahuan remaja putri kelas XI tentang *dismenorea* primer di MAN Wates I Kulon Progo

**Metode Penelitian :** Desain penelitian ini adalah deskriptif kuantitatif. Teknik sampling yang digunakan adalah *kuota sampling*. Jumlah sampel sebesar 104 responden. Instrumen penelitian menggunakan kuesioner. Hasil penelitian dikategorikan dengan pengetahuan jika jawaban benar Baik : >76%, Cukup : 56%-75%, dan Kurang baik : <56%.

**Hasil :** Pengetahuan remaja putri kelas XI tentang *dismenorea* primer berdasarkan pengetahuan pengertian menstruasi yaitu cukup 52 responden (50%), pengertian *dismenorea* primer yaitu baik 53 responden (51%), klasifikasi *dismenorea* yaitu kurang 44 responden (42,3%), penyebab *dismenorea* yaitu kurang 69 responden (66,3%), gejala *dismenorea* yaitu kurang 58 responden (55,8%) dan penanganan *dismenorea* yaitu cukup 48 responden (46,2%).

**Kesimpulan :** Tingkat pengetahuan remaja putri kelas XI tentang *dismenorea* primer dalam kategori cukup, yaitu 76 responden (73,1%).

**Kata Kunci :** pengetahuan, remaja putri, *dismenorea* primer.

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<sup>1</sup>Mahasiswa program studi Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen pembimbing Stikes Jenderal Achmad Yani Yogyakarta

# THE OVERVIEW OF THE FEMALE STUDENTS OF CLASS XI KNOWLEDGE ABOUT PRIMARY DYSMENORRHOEA IN MADRASAH ALIAH WATES I KULON PROGO

Niken Jian Pramudita<sup>1</sup>, Dechoni Rahmawati<sup>2</sup>

## ABSTRACT

**Background :** Prevalance of dysmenorrhoea in the world is very large. An Dysmenorrhoea was experienced by 30-50% of productive women. The data obtained from preliminary study that conducted in MAN Wates I Kulon Progo were as many as 17 female students of class XI, 16 female students do not understand about the abdominal pain experienced during menstruation is one of menstrual disorders, 1 female student knows abdominal pain experienced during menstruation is menstrual disorders.

**Aim :** To know the overview of the female students of class XI knowledge about primary dysmenorrhoea in MAN Wates I Kulon Progo.

**Research Methods :** This research was using descriptive quantitative research design. The sampling technique used in this research were quota sampling, with a sample of 104 respondents. This research instrument was using questionnaire, research results were categorized by the knowledge if the answer was good: >76%, moderate: 56-75%, and not good: <56%.

**Results :** The knowledge level of the female students of class XI about primary dysmenorrhoea due to the knowledge on: menstruation was in enough educated categorized which was 52 respondents (50%); primary dysmenorrhoea was in good educated categorized which was 53 respondents (51%), dysmenorrhoea classification was in less educated categorized which was 44 respondents (42.3%), the cause of dysmenorrhoea was in less educated categorized which was 69 respondents (66.3%), and dysmenorrhoea symptoms and treatments were in less and good educated categorized which were 58 (55.8%) and 48 (46.2%) respondents respectively.

**Conclusion :** The knowledge level of the female students of class XI about primary dysmenorrhoea was in enough educated categorized which was 76 respondents (73.1%)

**Keywords :** knowledge, female students, primary dysmenorrhoea.

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<sup>1</sup>D-3 midwifery student of STIKES Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Lecturer of STIKES Jenderal Achmad Yani Yogyakarta