

TINGKAT PENGETAHUAN REMAJA PUTRI KELAS VIII TENTANG PREMENSTRUAL SINDROM DI SMP NEGERI 1 GAMPING SLEMAN YOGYAKARTA

INTISARI

Winda Hardiansari¹, Eniyati, S.ST².

Latar Belakang: Sekitar seperlima dari penduduk dunia adalah remaja berumur 10-19 tahun. Jumlah remaja di Indonesia mencapai 36 juta jiwa dan 55% nya adalah remaja putri (Badan Pusat Statistik, 2009). Premenstrual Sindrom (PMS) merupakan suatu kondisi dimana wanita lebih sensitif terhadap perasaan dan tubuhnya. Ini merupakan kondisi medis umum terkait dengan siklus menstruasi yang sering berhubungan dengan naik turunnya kadar hormon progesteron dan estrogen yang terjadi selama siklus menstruasi (Azra, 2009). Remaja putri membutuhkan informasi atau pendidikan tentang proses dan kesehatan selama menstruasi, terutama premenstrual sindrom beserta penanganannya (Prawirohardjo, 2009).

Tujuan Penelitian: Mengetahui gambaran tingkat pengetahuan remaja putri kelas VIII tentang premenstrual sindrom di SMP N I Gamping, Sleman.

Metode Penelitian: Penelitian ini menggunakan *deskriptif*. Teknik pengambilan sampel yang digunakan dalam penelitian ini adalah *Total sampling*. Sampel dalam penelitian ini adalah sebanyak 58 siswa. Analisis data menggunakan *deskriptif*. Instrumen pengumpulan data adalah kuisioner.

Hasil Penelitian: Pengetahuan remaja putri kelas VIII tentang premenstrual sindrom kategori cukup (41,4%), tentang pengertian premenstrual sindrom kategori cukup (53,4%), tentang etiologi premenstrual sindrom kategori kurang (39,7%), tentang faktor resiko premenstrual sindrom kategori kurang (51,7%), tentang gejala atau keluhan premenstrual sindrom kategori baik (31,7%), tentang diagnosa premenstrual sindrom kategori baik (46,6%), tentang pencegahan premenstrual sindrom kategori baik (55,2%), tentang cara penanganan premenstrual sindrom kategori baik (53,4%).

Kesimpulan: Sebagian besar responden siswi dengan tingkat pengetahuan remaja putri kelas VIII tentang premenstrual sindrom dikategorikan cukup.

Kata Kunci : Pengetahuan, Remaja, Premenstrual Sindrom

¹ Mahasiswa STIKES Achmad Yani Yogyakarta

² Dosen STIKES Achmad Yani Yogyakarta

THE KNOWLEDGE LEVEL OF FEMALE ADOLESCENTS OF EIGHTH GRADE ABOUT PREMENSTRUAL SYNDROME IN JUNIOR HIGH SCHOOL 1 GAMPING SLEMAN YOGYAKARTA

ABSTRACT

Winda Hardiansari¹, Eniyati, S.ST².

Background : About one fifth of global population are adolescents aged between 10-19 years old. The number of adolescents in Indonesia is 36 million people and 55% of it are females adolescents (Statistic Center Agency, 2009) Premenstrual syndrome (PMS) is a condition in which a woman is more sensitive of her mood and body. This is a common medical condition related to menstrual cycle due to the fluctuation of progesterone and estrogen hormone level that occurs during menstrual cycle (Azra, 2009). Female adolescents need information or education about the process and health during menstruation, especially premenstrual syndrome it's management (Prawirohardjo, 2009).

Objective : To find out the knowledge level of female adolescents of eighth grade about premenstrual syndrome in junior high school 1 Gamping Sleman Yogyakarta

Method : This was a descriptive study. Samples were selected through total sampling method as many as 58 students. Data analysis applied percentage descriptive analysis. Instrument of data collecting were questionnaires.

Result : The knowledge level of female adolescents of eighth grade about premenstrual syndrome was in sufficient category (41,4%), about the definition of premenstrual syndrome was in sufficient category (53,4%), about the etiology of premenstrual syndrome was in poor category (39,7%), about risk factor of premenstrual syndrome was in poor category (51,7%), about the symptoms or complaints of premenstrual syndrome was in good category (31,7%), about the diagnose of premenstrual syndrome was in good category (46,6%), about the prevention of premenstrual syndrome was in good category (55,2%), about the management of premenstrual syndrome was in good category (53,4%).

Conclusion : The majority of female student respondents had the knowledge level of female adolescents of eighth grade about premenstrual syndrome which was in sufficient category.

Keyword : Knowledge, Adolescents, Premenstrual syndrome.

¹A student of Diploma III Midwifery Study Program of A.Yani Yogyakarta High School of Health Science

²A counseling lecturer of Diploma III Midwifery Study Program of A.Yani Yogyakarta High School of Health Science