

TINGKAT KECEMASAN REMAJA PUTRI KELAS VII DALAM  
MENGHADAPI *DISMENOREA* DI SMP NEGERI 2 TURI  
SLEMAN YOGYAKARTA

**INTISARI**

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**Latar Belakang :** Rata-rata lebih dari 50% perempuan disetiap Negara mengalami *dismenorea*. Diperkirakan di Indonesia 55% perempuan usia reproduksi mengalami *dismenorea*. Faktor risiko *dismenorea* tidak hanya berkaitan dengan faktor fisiologis tapi juga faktor psikologi termasuk kecemasan dapat memicu tingkat yang lebih serius yaitu stres. Hasil studi pendahuluan yang dilakukan pada tanggal 17 April 2015 di SMP Negeri 2 Turi terdapat 12 siswi yang mengatakan mempunyai rasa cemas seperti takut, khawatir dan gelisah pada saat menstruasi, sedangkan 6 siswi lainnya tidak merasakan kondisi seperti diatas (biasa-biasa saja).

**Tujuan :** Untuk mengetahui tingkat kecemasan remaja putri kelas VII dalam menghadapi *dismenorea* di SMP Negeri 2 Turi Sleman Yogyakarta.

**Metode :** Penelitian ini menggunakan metode *deskriptif kuantitatif*, populasi dalam penelitian ini adalah semua siswi kelas VII di SMP Negeri 2 Turi dengan menggunakan *total sampling* sebanyak 56 siswi. Analisa data menggunakan analisa *univariat*

**Hasil penelitian :** hasil penelitian menunjukkan bahwa sebagian besar responden mempunyai tingkat tidak ada gejala kecemasan yaitu sebanyak 16 responden (28,6%), tingkat gejala kecemasan ringan, sebanyak 11 responden (19,6%), tingkat gejala kecemasan sedang, sebanyak 11 responden (19,6%), tingkat gejala kecemasan berat, sebanyak 11 responden (19,6%) dan tingkat gejala kecemasan berat sekali, sebanyak 6 responden (10,7%).

**Kesimpulan :** Berdasarkan hasil penelitian dapat disimpulkan bahwa sebagian besar tingkat kecemasan responden berada dalam kategori tidak ada gejala kecemasan.

**Kata kunci :** Kecemasan, Remaja, *Dismenorea*

**Referensi :** 28 buku, 2 tesis, 3 skripsi

**Halaman :** i-xiii, isi 1-52

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**ANXIETY LEVEL OF FIRST GRADE FEMALE ADOLESCENTS IN  
FACING *DISMENOREA* IN STATE JUNIOR HIGH SCHOOL 2  
TURI SLEMAN YOGYAKARTA**

***ABSTRACT***

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**Background** : At average, more than 50% of women in every country experience dismenorea. It is estimated that there are 55% of women at reproductive age in Indonesia are affected by dismenorea. The risk factor of dismenorea is not only related to physiological factor, but also psychological factor including anxiety which may lead to a worse condition such as being stressed. Preliminary study conducted on 17 April 2015 in State Junior High School 2 Turi identified 2 female students who confirmed to have anxiety such as fear, worry, and unrest during menstruation, while the other 6 female students had no such feeling of anxiety.

**Objective** : To find out anxiety level of first grade female adolescents in facing dismenorea in State Junior High School 2 Turi Sleman Yogyakarta

**Method** : This study applied quantitative descriptive method. Population in this study was all first grade female students of State Junior High School 2 Turi selected through total sampling technique as many as 56 female students. Analysis applied single variable analysis.

**Result** : The study result indicated that the majority of respondents did not experience any anxiety symptom as many as 16 respondents (28,6%), minor level of anxiety symptom as many as 11 respondents (19,6%), moderate level of anxiety symptom as many as 11 respondents (19,6%), major level of anxiety symptom as many as 11 respondents (19,6%), severe level of anxiety symptom as many as 6 respondents (10,7%).

**Conclusion** : Based on study result, it could be put into conclusion that the majority of respondents' anxiety level was in the category of having no experience of anxiety symptom as many as 16 respondents (28,6%).

**Keywords** : Anxiety, Adolescent, Dismenorea

**Literature** : 28 books, 2 thesis, 3 final papers.

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