

SIKAP REMAJA PUTRI DALAM MENANGANI DISMENOREA DI PONDOK PESANTREN SUNAN PANDANARAN NGAGLIK SLEMAN YOGYAKARTA

INTISARI

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Latar Belakang : Dismenorea merupakan salah satu keluhan yang paling umum pada perempuan saat menstruasi. Dampak yang terjadi seperti kanker endometrium, kista ovarium, penyakit radang panggul. Pondok Pesantren Sunan Pandanaran Yogyakarta belum pernah dilakukan penyuluhan kesehatan reproduksi terkait dengan menangani dismenorea. Pada saat santriwati mengalami dismenorea mereka menangani dengan cara minum obat, tiduran dan menggunakan minyak kayu putih. Cara menangani dismenorea adalah dengan kompres hangat botol diisi air panas diletakan pada bagian yang terasa kram (bisa di perut atau pinggang bagian belakang).

Tujuan Penelitian : Mengetahui sikap remaja putri dalam menangani dismenorea di Pondok Pesantren Sunan Pandanaran Ngaglik Sleman Yogyakarta.

Metode Penelitian : Jenis Penelitian ini *Deskriptif Kuantitatif*. Lokasi penelitian Pondok Pesantren Sunan Pandanaran Ngaglik Sleman Yogyakarta. Besar sampel dihitung menggunakan rumus slovin. Sampel yang diambil adalah 70 remaja putri dari 238 remaja putri yang sudah menstruasi dan pernah mengalami dismenorea. Teknik pengambilan sampel adalah *Purposive Sampling*. Instrumen penelitian ini adalah kuesioner tertutup dan hasil penelitian dihitung menggunakan skor T dan persentase.

Hasil Penelitian : Sikap remaja putri dalam menangani dismenorea di Pondok Pesantren Sunan Pandanaran Ngaglik Sleman Yogyakarta dengan kategori negatif sebanyak 44 responden (62,9%) dan kategori positif sebanyak 26 responden (37,1%). Remaja putri berumur 14 tahun sebanyak 33 responden (75,0%), dengan umur menarche 12 tahun sebanyak 17 responden (65,4%).

Kesimpulan : Sikap remaja putri dalam menangani dismenorea memiliki kategori negatif yaitu 62,9%, sehingga pihak pondok perlu mendatangkan tenaga kesehatan untuk memberikan penyuluhan dalam menangani dismenorea

Kata Kunci : Sikap, Remaja Putri, Dismenorea

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**THE ATTITUDE OF FEMALE ADILESCENTS IN DEALING WITH
DYSMENORRHEA IN SUNAN PANDANARAN ISLAMIC
BOARDING SCHOOL OF NGAGLIK
SLEMAN YOGYAKARTA**

ABSTRACT

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Background : Dysmenorrhea is one of common health complaints in women during menstruation. The following effects are endometrial cancer, ovarian cyst, pelvic inflammatory disease. Sunan Pandanaran Islamic Boarding School of Yogyakarta had never initiated any dissemination about reproductive health in relation to dysmenorrhea treatment. As female students suffered dysmenorrhea, they responded by taking medicine, lying on bed, and applying Eucalyptus oil. Treatment for dysmenorrhea is provided with warm compress using a bottle of hot water on any cramped part of body (belly or back waist).

Objective : To investigate The Attitude of Female Adolescents in dealing with Dysmenorrhea in Sunan Pandanaran Islamic Boarding School of Ngaglik, Sleman, Yogyakarta

Method : The type of this study was descriptive and quantitative. The location of this study was Sunan Pandanaran Islamic Boarding School of Ngaglik, Sleman, Yogyakarta. The number of samples was figured by slovin formula as many as 70 out of 238 female students who had menstruation and dysmenorrhea. Sampling method applied purposive sampling technique. Study instrument were restricted questionnaires and study result was measured by applying T-score and percentage formula.

Result : The attitude of female adolescents in dealing with dysmenorrhea in Sunan Pandanaran Islamic Boarding School of Ngaglik, Sleman, Yogyakarta, was in negative category as many as 44 respondents (62,9%) and positive category as many as 26 respondents (37,1%). Female adolescents were aged 14 as many as 33 respondents (75,0%) and had menarche at the age of 12 as many as 17 respondents (65,4%).

Conclusion : The attitude of female adolescents in dealing with dysmenorrhea was in negative category of 62,9%, so that the school management needed to invite health workers to provide dissemination about dysmenorrhea treatment.

Keywords : Attitude, Female Adolescents, Dysmenorrhea

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