

ABSTRAK

STUDI DESKRIPSI PENANGANAN DISMENORE PADA REMAJA PUTRI DI MTsN 3 TUBAN

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Dismenore merupakan nyeri kram di perut bagian bawah yang dimulai sebelum atau saat menstruasi, dengan prevalensi mencapai 64,5% di Indonesia. Terdapat beberapa cara penanganan seseorang mengalami dismenore baik dari segi farmakologi maupun non-farmakologi. Tujuan penelitian ini yaitu mengetahui gambaran penanganan dismenore secara farmakologi serta obat yang digunakan dan penanganan non-farmakologi pada remaja putri di MTs Negeri 3 Tuban.

Desain pada penelitian deskriptif dengan populasi penelitian seluruh siswi di MTs Negeri 3 Tuban berjumlah 146 siswi. Besar sampel 107 siswi menggunakan teknik Simple Random Sampling dengan pengumpulan data menggunakan kuesioner.

Hasil penelitian didapatkan hampir setengahnya siswi di MTs Negeri 3 Tuban kadang-kadang mengatasi dismenore secara farmakologi dengan sebagian besar remaja putri menggunakan obat feminax sedangkan penanganan dismenore secara non-farmakologi hampir setengahnya siswi kadang-kadang mengatasi dengan metode pemijatan.

Siswi cenderung memilih penanganan praktis seperti obat bebas dan pemijatan. Minimnya penanganan non-farmakologi menunjukkan kurangnya pengetahuan dan kesadaran mengenai manfaat dan macam-macam terapi non-farmakologi dalam mengatasi dismenore. Hal ini mengindikasikan perlunya edukasi yang lebih intensif dan terstruktur mengenai macam-macam penanganan dismenore secara alami dan non-invasif

Kata Kunci : Dismenore, Penanganan dismenore, Remaja Putri

ABSTRACT

STUDY DESCRIBING THE TREATMENT OF DYSMENORRHEA IN ADOLESCENT GIRLS IN MTsN 3 TUBAN

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Dysmenorrhea is a cramping pain in the lower abdomen that begins before or during menstruation, with a prevalence of 64.5% in Indonesia. There are several ways to treat a person with dysmenorrhea both in terms of pharmacology and non-pharmacology. The purpose of this study is to find out the description of the pharmacological treatment of dysmenorrhea as well as the drugs used and non-pharmacological treatment in adolescent girls at MTs Negeri 3 Tuban.

The design of the descriptive research with there search concentration of all female students at MTs Negeri 3 Tuban amounted to 146 students. The sample size of 107 students used the Simple Random Sampling technique by collecting data using questionnaires.

The results of the study found that almost half of the students at MTs Negeri 3 Tuban sometimes overcome dysmenorrhea pharmacologically, with most adolescent girls using feminax drugs, while the treatment of dysmenorrhea non-pharmacologically, almost half of the students sometimes overcome with the massage method.

Students tend to choose practical treatments such as over-the-counter medications and massages. The lack of non-pharmacological treatment shows a lack of knowledge and awareness about the benefits and various non-pharmacological therapies in overcoming dysmenorrhea. This indicates the need for more intensive and structured education on the various treatments of dysmenorrhea naturally and non-invasively.

Keywords : Dysmenorrhea, Dysmenorrhea Treatment, Adolescent Women