

GAMBARAN PENGETAHUAN REMAJA MADYA (13 -15 TAHUN) TENTANG *DYSMENORRHEA* DI SMPN 29 KOTA BANDUNG

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ABSTRAK

Dysmenorrhea umum dirasakan oleh perempuan pada hari – hari pertama menstruasi. Tidak banyak yang menyadari bahwa *dysmenorrhea* yang tidak biasa bisa menjadi salah satu awal dari suatu penyakit misalnya *endometriosis*, sehingga perlu diberikan edukasi tentang *dysmenorrhea* sebagai upaya deteksi dini terjadinya kasus *endometriosis*. Angka Kejadian *dysmenorrhea* di Indonesia sendiri cukup tinggi mencapai 64,25 % yang terdiri dari 54,89% *dysmenorrhea* primer dan 9,36 % *dysmenorrhea* sekunder tidak jauh berbeda dengan angka kejadian *dysmenorrhea* di Jawa Barat yaitu sebanyak 54,9 % wanita mengalami *dysmenorrhea*, terdiri dari 24,5% mengalami *dysmenorrhea* ringan, 21,28% mengalami *dysmenorrhea* sedang dan 9,36% mengalami *dysmenorrhea* berat. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan remaja madya usia 13 - 15 tahun tentang *dysmenorrhea*. Jumlah keseluruhan populasi dalam penelitian ini sebanyak 423 siswi yang terdiri atas siswi kelas VII sebanyak 256 orang dan siswi kelas VIII sebanyak 167orang. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan melibatkan 206 sampel siswi yang diambil menggunakan teknik *Proportionate Stratified Random Sampling*. Hasil penelitian menunjukkan bahwa sebagian besar berada pada kategori berpengetahuan baik, dengan hasil sebanyak 115 siswi (55,8%). Namun, masih ditemukan sebagian kecil siswi dalam kategori berpengetahuan cukup yaitu sebanyak 22 siswi (10,7%) dan hampir setengahnya berpengetahuan kurang yaitu sebanyak 69 siswi (33,5%). Dari hasil tersebut kategori berpengetahuan kurang masih hampir setengah jumlah responden. Oleh karena itu, diharapkan pihak sekolah dapat bekerja sama dengan Puskesmas ataupun petugas kesehatan terkait dalam pemberian pendidikan kesehatan khususnya tentang *dysmenorrhea* secara berkala kepada siswi SMPN 29 Kota Bandung.

Kata kunci : Pengetahuan, Remaja Madya, *Dysmenorrhea*

**THE UNDERSTANDING OF (13-15 YEARS OLD) ADOLESCENTS ON
DYSMENORRHEA AT 29 PUBLIC JUNIOR HIGH SCHOOL IN BANDUNG
CITY**

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ABSTRACT

Dysmenorrhea is commonly experienced by women at the beginning of the menstruation period. There are only few who realize that unusual dysmenorrhea can be an initial symptom of certain diseases, such as endometriosis, so that they should be educated about dysmenorrhea as an early warning effort to detect endometriosis cases. The number of dysmenorrhea in Indonesia is relatively high, in which it achieved 64.25 %. It consisted of 54.89% primary dysmenorrhea and 9.36 % secondary dysmenorrhea. Similar case was also found in West Java in which around 54.9 % women experienced dysmenorrhea. The figure consisted of 24.5% women experienced light dysmenorrhea, 21.28% women experienced moderate dysmenorrhea, and 9.36% of them experienced severe dysmenorrhea. The current research aims to discover the understanding of 13-15 years old adolescents on dysmenorrhea. There were total 423 female students involved in this research, which consisted of 256 seventh grade female students and 167 eighth grade female students. This research was categorized as descriptive quantitative research, which involved 206 female students as the research sample that were selected by employing Proportionate Stratified Random Sampling. The research result revealed that most of the students (115 students or 55.8%) were categorized to have good understanding on dysmenorrhea. However, it was also discovered that there were minority of the students (22 students or 10.7%) who were considered to have adequate understanding, while almost the half of the students (69 students or 33.5%) had limited understanding on dysmenorrhea. Based on the aforementioned result, it is found that almost half of the population still had limited understanding on the matter. Therefore, it is expected that the school administrators can cooperate with community health centers or medical practitioners in order to regularly educate the female students in 29 Public Junior High School in Bandung city mainly about dysmenorrhea.

Keywords: *Understanding, Adolescent, Dysmenorrhea*

