

ABSTRAK

FAKTOR RISIKO YANG MEMPENGARUHI KEJADIAN *DISMENORE* PADA SISWI DI MTS MUHAMMADIYAH 2 PALANG KABUPATEN TUBAN

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Dismenore merupakan nyeri kram di perut bagian bawah yang dimulai sebelum atau saat menstruasi. Angka kejadian *dismenore* cukup tinggi di dunia, prevalensi *dismenore* tertinggi ditemui pada remaja putri. *Dismenore* dipengaruhi beberapa faktor risiko seperti usia *menarche* <12 tahun, status gizi (IMT rendah/tinggi), dan riwayat keluarga. Penelitian ini bertujuan untuk mendeskripsikan faktor risiko yang mempengaruhi kejadian *dismenore* pada siswi di MTs Muhammadiyah 2 Palang Kabupaten Tuban.

Desain penelitian yang digunakan dalam penelitian ini adalah desain penelitian deskriptif dengan pendekatan *cross-sectional*. Populasi pada penelitian ini sebanyak 47 siswi dan menggunakan teknik sampling *total sampling*. Instrumen dalam penelitian ini menggunakan kuesioner, *microtoice* dan timbangan berat badan. Analisa data yang digunakan yaitu analisa deskriptif.

Hasil penelitian didapatkan bahwa hampir seluruhnya siswi mengalami *dismenore* saat menstruasi yaitu 41 siswi (87%), sebagian besar siswi mengalami *menarche* di usia ≥ 12 tahun yaitu 35 siswi (74%), sebagian besar siswi memiliki status gizi tidak normal yaitu 34 siswi (72%), hampir seluruhnya siswi memiliki riwayat keluarga dengan *dismenore* yaitu 37 siswi (79%), hampir seluruhnya siswi yang mengalami *menarche* di usia ≥ 12 tahun mengalami *dismenore* saat menstruasi yaitu 30 siswi (85,7%), hampir seluruhnya siswi yang memiliki status gizi tidak normal mengalami *dismenore* saat menstruasi yaitu 31 siswi (91,2%), hampir seluruhnya siswi yang memiliki riwayat keluarga dengan *dismenore* mengalami *dismenore* saat menstruasi yaitu 33 siswi (89,2%).

Kejadian *dismenore* dipengaruhi faktor usia *menarche*, status gizi, dan riwayat keluarga dengan *dismenore*. Dari hasil penelitian menunjukkan bahwa banyak siswi yang mengalami *dismenore* juga memiliki faktor tersebut. Kejadian *dismenore* ini dapat mengganggu aktivitas dan pembelajaran siswi.

Kata Kunci : *Dismenore*, Faktor Risiko, Siswi.

ABSTRACT

RISK FACTORS AFFECTING THE INCIDENCE OF DYSMENORRHEA IN STUDENTS AT MTS MUHAMMADIYAH 2 PALANG TUBAN REGENCY

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Dysmenorrhea is a cramping pain in the lower abdomen which starts before or during menstruation. The incidence of dysmenorrhea is high enough in the world, the highest dysmenorrhea prevalence is found in young women. Dysmenorrhea is affected by such risk factors as the age of menarche under 12 years, nutrition status (low or high body mass index), and a family history. The study was intended to describe the risk factors affecting the dysmenorrhea incident in female students in MTs Muhammadiyah 2 Palang, Tuban regency.

The research design used in this study is a descriptive research design with a cross-sectional approach. The population in this study is as many as 47 female students and are using sampling techniques total sampling. Instruments in the study use questionnaires, microtoice and weight scales. The data analysis used is a descriptive analysis.

Studies have found that almost all female students experience dysmenorrhea during menstruation as many as 41 female students (87%). Most female students get menarche at age ≥ 12 , as many as 35 female students (74%). Most female students have abnormal nutritional status, as many as 34 female students (72%). Almost all female students have a family history with dysmenorrhea, as many as 37 female students (79%). Almost all female students who had menarche at age ≥ 12 have dysmenorrhea during menstruation, as many as 30 female students (85.7%). Almost all female students with abnormal nutritional status have dysmenorrhea during menstruation, which is 31 female students (91.2%). Almost all female students with a family history of dysmenorrhea have dysmenorrhea during menstruation, as many as 33 female students (89.2%).

The incidence of dysmenorrhea is affected by such factors as age of menarche, nutritional status, and a family history with dysmenorrhea. Studies indicate that many female students with dysmenorrhea also have this factor. The dysmenorrhea incident can interfere with the activities and learning of female students.

Keywords: Risk Factors, Dysmenorrhea, Students.