
The Relationship Of Knowledge And Attitudes Of Adolescent Females About Dismenorerage With The Handling Of Dysmenorrhea In Class X Students In High School Country 1 Doloksanggul, Doloksanggul Sub-District Humbang Hasundutan District The Year 2023

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Abstract

Dysmenorrhea is a pain in the uterus that occurs during menstruation and is one of the most common causes of pelvic pain and menstrual disorders in women. This study aimed to determine the relationship between the knowledge and attitudes of young women toward the management of dysmenorrhea in class X students at SMA Negeri 1 Doloksanggul, Doloksanggul District. This type of research is descriptive quantitative analytic with a cross-sectional design. This research was located at SMA Negeri 1 Doloksanggul, Doloksanggul District, Humbang Hasundutan Regency. The research was conducted in April - May 2023 starting from the initial survey to data processing. With a total population of 219 people and sampling with purposive sampling technique with a total sample of 69 people. Data collection used a questionnaire, then examined and processed using a frequency distribution table. Of the 69 respondents, most of the respondents had sufficient knowledge, as many as 40 people (58.0%), and a small number of respondents had less knowledge, as many as 11 people (15.9%). Most of them had a positive attitude as many as 60 people (87.0%) and a small portion had a negative attitude as many as 9 people (13.0%). Most of them did not treat dysmenorrhea as many as 40 people (58.0%). A small number of 29 (42.0%) handled dysmenorrhea. It is expected that respondents will be able to increase their knowledge and information about dysmenorrhea management such as reading health books, asking health workers, or using facilities such as the internet to find out good dysmenorrhea management efforts.

Keywords: Knowledge, Attitudes, Adolescents, Handling, Dysmenorrhea

INTRODUCTION

According to data from the World Health Organization (WHO), the number of dysmenorrhea sufferers is very high in the world, on average more than 50% of women in each country experience it, around 72% in Sweden, 85.7% in Saudi Arabia, 85.4% in Ethiopia, 64.0% in Mexico, 89.10% in Iran, and in the United States it is estimated that almost 90% of women experience dysmenorrhea (Djimbula, et al. 2022).

The prevalence of dysmenorrhea in Asia is approximately 84.2%, with specifics of occurrence in Northeast Asia as much as 68.7%, in Middle East Asia as much as 74.8%, and almost 50.0% in Asia, the prevalence of dysmenorrhea in Indonesia is 64.25% consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. Primary dysmenorrhea is experienced by 60-76 young women. Meanwhile, in Surabaya, it was found that 1.07-31% of the number of visits to the obstetric department were dysmenorrhea sufferers. (Rachmawati, et al 2020).

The results of data analysis of Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency, showed that there were 219 class X students. From the results of interviews with 10 female students, all of them had experienced menstruation, but there were 7 people who experienced dysmenorrhea who did not know how to handle dysmenorrhea.

The results of research conducted by (Patnawati, et al, 2023). Knowledge before being given dysmenorrhea education using video was mostly lacking and after the intervention, it mostly improved to be good. Attitudes before being given dysmenorrhea education using videos were mostly negative and after the intervention, most of them increased to be positive. There is an effect of dysmenorrhea education using video on the knowledge of young women at SMP Negeri 3 Tanah

Grogot with a p-value of 0.000. There is an effect of dysmenorrhea education using video on attitudes of young women at SMP Negeri 3 Tanah Grogot with a p-value of 0.000.

A literature review conducted (by Wulanda, Luthfi, and Hidayat, 2020) states that there are some dysmenorrhea sufferers who reduce pain with analgesic drugs without consulting or prescribing a doctor. Side effects of analgesic drugs if consumed excessively or without supervision can cause liver damage, bleeding, diarrhea, and nausea as well as gastric problems and even hypertension. The most dangerous long-term effect is that it can increase the risk of developing Alzheimer's disease (a disease characterized by confusion, disorientation, memory failure, speech disorders, and dementia). Therefore, non-pharmacological measures are needed as an alternative method for treating dysmenorrhea. Many complications, such as anemia and chronic energy deficiency.

The results of the study (Noviyati Rahardjo Putri et al, 2023) The results achieved were an increase in adolescent knowledge about dysmenorrhea with the percentage of pretest results that were categorized as well knowledgeable 14%, sufficiently knowledgeable 71%, and knowledgeable less 14% after counseling was carried out the percentage of posttest results in the knowledgeable category good 71% and knowledgeable enough 29%.

RESEARCH METHODS

This type of research is a quantitative analytic descriptive study with a cross-sectional design approach where the dependent and independent variables are studied simultaneously and simultaneously. To find out how "the relationship between knowledge and attitudes of young women about dysmenorrhea towards handling dysmenorrhea in class X students at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023" was conducted three months from March to July at senior high schools. Negeri 1 Doloksanggul, Doloksanggul District, Humbang Hasundutan Regency in 2023. The sample in this study were all 69 class X adolescent girls who had menstruated.

RESULTS AND DISCUSSION

Univariate analysis

Table 1. Frequency Distribution of Respondents Based on Knowledge, Attitudes, and Management of Dysmenorrhea in Young Girls in Class X Students at Doloksanggul 1 Public High School, Doloksanggul District, 2023"

NO	Variabel	Jumlah	Percentage
1	Knowledge		
	Good	18	26,1%
	Enough	40	58,0%
	Less	11	15,9%
	Total	69	100%
2	Attitude		
	Positive	60	87,0%
	Negatives	9	13,0%
	Total	69	100%
3	Handling dysmenorrhea		
	Done	29	42,0%
	Not Done	40	58,0%
	Total	69	100%

Based on Table 1, it is known that out of the 69 respondents who have good knowledge, 18 people (26.1%) have sufficient knowledge, 40 people (58.0%) have sufficient knowledge and 11 people have less knowledge (15.9%). Based on the attitude category, 60 people (87.0%) had a positive attitude and 9 people (13.0%) had a negative attitude. Based on the category of dysmenorrhea treatment, there were 29 respondents (42.0%) who did dysmenorrhea treatment and 40 people (58.0%) did not treat dysmenorrhea.

Bivariate Analysis

Once the variable is known, further analysis is carried out in the form of bivariate analysis. The data obtained from the two variables is data for obtaining distribution which aims to find out about "The Relationship of Knowledge and Attitudes of Young Women About Dysmenorrhea to Handling Dysmenorrhea in Class X Students at Doloksanggul 1 Public High School, Doloksanggul District in 2023".

Relationship of Knowledge of Class X Young Girls About Dysmenorrhea to Handling Dysmenorrhea at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023

The results of collecting knowledge data and its relationship to the handling of dysmenorrhea through questionnaires distributed to respondents through research using primary data can be seen in the following table:

Table 2. The Relationship of Knowledge of Class X Young Girls About Dysmenorrhea to Handling Dysmenorrhea at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023”

Knowledge	of Dysmenorrhea Handling						If	X ²
	Done		No		Total			
	n	%	N	%	N	%		
Good	10	14,5	8	11,6	18	26,1	2	6,395
Enough	18	26,1	22	31,9	40	58,0		
Less	1	1,4	10	14,5	11	15,9		
total	29	42,0	40	58,0	69	100		

Based on table 2 above, shows that out of 18 respondents who had good knowledge who handled dysmenorrhea 10 people (14.5%) and who did not treat dysmenorrhea were 8 people (11.6%), out of 40 respondents who had sufficient knowledge, who did 18 people (26.1%) treated dysmenorrhea and 22 people (31.9%) did not treat dysmenorrhea out of 11 respondents who had less knowledge, 1 person (1.4%) handled dysmenorrhea and did not treatment of Dysmenorrhea as many as 10 people (14.5%).

The results of the bivariate analysis in table 4.2 above obtained a chi-square comparison with a confidence level of 90% and df = 2, obtained x2 counts with x2 tables, obtained x2 counts (6.395) > x2 tables (4.605) then Ha is accepted, Ho is rejected means there is a relationship Knowledge of Class X Young Girls in Dealing with Dysmenorrhea at Doloksanggul 1 State Senior High School, Doloksanggul District, Humbang Hasundutan Regency in 2023.

The Relationship between the Attitudes of Class X Young Girls About Dysmenorrhea Against Dysmenorrhea Management at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023

The results of collecting data on attitudes and their relationship to the handling of dysmenorrhea through questionnaires distributed to respondents through research using primary data can be seen in the following table:

Table 3. Relationship of Attitudes of Class X Young Women About Dysmenorrhea To Handling Dysmenorrhea at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023

Attitude	Dysmenorrhea Treatment						If	X ²
	Done		Not		Total			
	N	%	n	%	N	%		
Positive	28	40,6	32	46,4	60	87,0		
Negative	1	1,4	8	11,6	9	13,0		
total	29	42,0	40	58,0	69	100		

Based on Table 3, it shows that of the 60 respondents with a positive attitude, 28 people (40.6%) treated dysmenorrhea, and 32 people (46.4%) did not treat dysmenorrhea. Of the 9 respondents who had a negative attitude, 1 person (1.4%) treated dysmenorrhea and 8 people (11.6%) did not treat dysmenorrhea.

The results of the bivariate analysis in table 4.3 above obtained a chi-square comparison with a confidence level of 90% and $df = 1$, obtained χ^2 counts with χ^2 tables, obtained χ^2 counts (4.061) > χ^2 tables (2.705) then H_a is accepted, H_o is rejected means there is a relationship Attitudes of Class X Young Women in Facing Dysmenorrhea at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023.

Discussion

As for the discussion of the results of the study entitled The Relationship of Knowledge of Mothers Who Have Toddlers About the Relationship of Knowledge and Attitudes of Young Women to the Handling of Dysmenorrhea in Class X Students at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023, the following discussion is obtained:

The Relationship of Knowledge of Class X Young Women About Dysmenorrhea to Handling Dysmenorrhea at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023.

Based on the square test, there is a relationship between the knowledge of Class X young women and the management of dysmenorrhea at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023.

Knowledge is the result that a person gets on an object using the senses in his body so that he gets some knowledge. Every human being has a different level of knowledge. Broadly speaking, knowledge is determined by the intensity of attention to the perception of objects obtained through the senses of the ear and the sense of sight (Notoatmodjo, 2018a).

This research is in line with research conducted by (Yona Desni Sagita, 2021) concerning "The Relationship between Knowledge of Dysmenorrhea and the Management of Dysmenorrhoea in Young Women at State Junior High School 2 Kalirejo Central Lampung" The results of data analysis and processing obtained 88 (59.9%) respondents with poor knowledge and 59 (40.1%) respondents with good knowledge, 96 (65.3%). It can be concluded that there is a relationship between knowledge about dysmenorrhea and the management of dysmenorrhea in young women at the 2 Kalirejo Public Junior High School, Central Lampung Regency, with a value of 0.013 (<0.05).

According to the researcher's assumption that young women who have good knowledge about dysmenorrhea do not necessarily handle dysmenorrhea, on the other hand, young women who have poor knowledge about dysmenorrhea will not treat dysmenorrhea.

The Relationship between the Attitudes of Class X Young Women About Dysmenorrhea to the Handling of Dysmenorrhea at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023.

Based on the square test, there is a relationship between knowledge of Class X young women in dealing with dysmenorrhea at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023.

Attitude is an evaluation or feeling reaction. A person's attitude towards an object is a feeling of support or partiality or a feeling of not supporting or not taking sides with the object (Usman, 2020).

The results of this study are in accordance with the results of research conducted by Deva Indowidy Santiya in 2022 with the title The Relationship between Knowledge and Attitude in Overcoming Dysmenorrhea in Students of Nutrition Study Program S1 Nutrition. The results of the Chi-Square statistical test obtained a significance value of 0.000 so that ($p < 0.05$) means that there is a relationship significant difference between knowledge and attitudes in dealing with dysmenorrhea.

According to the researchers' assumption that young women who have positive attitudes about dysmenorrhea do not necessarily handle dysmenorrhea, on the other hand, young women who have negative attitudes about dysmenorrhea will not treat dysmenorrhea.

CONCLUSION

Based on the results of the research and discussion of the Relationship of Knowledge and Attitudes of Young Women towards Handling Dysmenorrhea in Class X Students at Doloksanggul State Senior High School 1, Doloksanggul District, Humbang Hasundutan Regency, in 2023 with a total of 69 respondents, researchers can draw the following conclusions:

1. There is a relationship between the knowledge of young women about dysmenorrhea and the management of dysmenorrhea in class X students at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023.
2. There is a relationship between the attitudes of young women about dysmenorrhea and the handling of dysmenorrhea in class X students at Doloksanggul 1 Public High School, Doloksanggul District, Humbang Hasundutan Regency in 2023.

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