

Hubungan Dismenorea dengan Karakteristik Menstruasi dan Proses Belajar pada Pelajar SMU = The Relation of Dysmenorrhea with High School Students Menstrual Characteristic and Study Process

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Abstrak

Tujuan: Penelitian ini bertujuan untuk mengetahui prevalensi terjadinya dismenorea pada remaja perempuan usia sekolah menengah umum (SMU) di Indonesia serta hubungannya dengan karakteristik menstruasi dan pengaruhnya terhadap proses belajar.

Metode: Penelitian ini menggunakan desain studi potong lintang, dilaksanakan pada bulan November 2013, bertempat di tiga sekolah menengah atas di Jakarta, yaitu SMU 6, SMU 68, dan SMU 70. Remaja perempuan di ketiga sekolah tersebut diminta mengisi kuesioner yang dibagikan terkait dengan nyeri haid. Data dari kuesioner tersebut kemudian dianalisis dengan uji statistik.

Hasil: Dari ketiga sekolah tersebut didapatkan 110 kuesioner yang terisi dengan lengkap. Subjek memiliki median usia 15 tahun dan sebagian besar berada di kelas 1 SMA. Proporsi dismenorea didapatkan sebesar 65,5%. Usia menarche didapatkan lebih tinggi pada subjek yang tidak menderita dismenorea ($p = 0,039$). Dismenorea tampak mengganggu proses belajar secara bermakna, terutama terkait kehadiran ($p = 0,026$), aktivitas ($p = 0,049$), dan konsentrasi ($p < 0,001$). Nilai rapor terakhir sebagai faktor keluaran tidak dipengaruhi oleh kejadian dismenorea primer pada remaja perempuan.

Kesimpulan: Dismenorea mengganggu proses belajar secara bermakna sehingga diperlukan edukasi dan tatalaksana farmakologis sedini mungkin agar tidak menurunkan kualitas hidup pelajar remaja wanita.

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Objective: This study was aimed to assess the prevalence of dysmenorrhea in female teenagers of high school age in Indonesia and its relation with menstrual characteristic as well as study process.

Methods: This study used cross sectional design, were conducted on November 2013 in three different high schools: SMU 6, SMU 68, and SMU 70. Female students were asked to answer given questionnaires about menstrual pain. Data were collected and further analyzed using statistical analysis.

Results: Out of the three high schools, there were 110 questionnaires which were fully answered. Subjects had median age of 15 years old and most of them were in the first grade. Dismenorrhea proportion were found 65.5%. Menarche age was found higher in subjects who didn't suffer from dysmenorrhea ($p = 0.039$). Study process was disturbed by dysmenorrhea significantly, especially associated with absence ($p = 0.026$), activity ($p = 0,049$), and concentration ($p < 0.001$). Final report score was not affected by primary dysmenorrhea in the female students.

Conclusion: Dysmenorrhea disturbed study process significantly so that education and pharmacology treatment are to be given as soon as possible in order to prevent decreased quality of life of female students.