

## Hubungan gangguan menstruasi dan gangguan kerja pada karyawan di RSCM = The Correlation between menstrual disorders and work disturbance on employee at RSCM

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### Abstrak

<b>ABSTRAK</b><br>

**LATAR BELAKANG:** Gangguan menstruasi di kalangan pekerja perempuan dapat mempengaruhi standar kualitas hidup perempuan tersebut dan secara ekonomis menyebabkan berkurangnya pendapatan akibat kehilangan waktu kerja dan produktivitas kerja. Penelitian tentang hubungan gangguan menstruasi dan gangguan kerja di kalangan karyawan yang bekerja di lingkungan rumah sakit di Indonesia belumlah ada. **TUJUAN:** Diketuinya hubungan antara gangguan menstruasi, gangguan siklus menstruasi, gangguan lama dan jumlah darah menstruasi, gangguan diluar siklus menstruasi, dan gangguan lain yang yang berhubungan dengan menstruasi terhadap gangguan kerja di kalangan karyawan di RSCM. **METODE:** Penelitian ini menggunakan desain penelitian potong lintang cross-sectional dengan jumlah sampel sebanyak 150 responden. Randomisasi sampel dengan software winpepi untuk windows 7 . Analisis data dengan menggunakan software SPSS 24 untuk windows 7 . **HASIL:** Prevalensi gangguan menstruasi sebesar 87 , gangguan siklus menstruasi 3 . gangguan volume menstruasi 31 , gangguan lama menstruasi 15 , gangguan nyeri haid 83 dan sindroma pramenstruasi 71 . Prevalensi gangguan menstruasi terhadap gangguan kerja ringan 38 , gangguan kerja sedang 45.3 dan gangguan kerja berat 4 . Adanya hubungan antara gangguan volume menstruasi, hipermenorea, dan nyeri haid / dismenorea terhadap gangguan kerja pada karyawan di RSCM p

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<b>ABSTRACT</b><br>

**BACKGROUND** Menstrual disorder among woman workers can affect their quality of life standard and also economically can decrease their income due to loss of working time and productivity. Study about the prevalence rate of the menstrual disorder among employees who works in the hospital environment in Indonesia has not been reported. **OBJECTIVES** To acknowledge the relationship between menstrual disorders including each menstrual cycle disorder, duration and volume of menstrual bleeding disorder, menstrual interval disorder, and another disorder that related to menstruation against disruption of work among employee at RSCM. **METHODS** This research uses a cross sectional design that is not in pairs with a total sample of 150 respondents. Sample randomization with winpepi software for windows 7 . Data analysis using SPSS 24 software for windows 7 . **RESULTS** Prevalence of menstrual disorder was 87 , menstrual cycle disorder 3 . Menstrual volume disorder 31 , 15 menstrual abnormalities, 83 menstrual pain disorder and premenstrual syndrome 71 . Prevalence of 49 minor work disorder, moderate work disorder 47 and severe work disruption by 4 . There was a relationship between menstrual volume disorder, hypermenorrhoea, and menstrual dysmenorrhoea pain to occupational disruption to employee at RSCM p