

Gambaran Premenstrual Syndrome pada Remaja Disabilitas = An Overview of Premenstrual Syndrome in Adolescents with Disability

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Abstrak

Premenstrual Syndrome (PMS) adalah gangguan yang terjadi sebelum menstruasi, ditandai dengan gejala fisik dan psikologis seperti sakit kepala, nyeri payudara, kembung, kelelahan, nyeri perut, kecemasan, hingga depresi. Pada remaja disabilitas, terdapat keterbatasan dalam mengkomunikasikan keluhan. Penelitian ini bertujuan menggambarkan kondisi PMS pada remaja disabilitas dengan metode cross-sectional dan teknik non-probability sampling, melibatkan 120 responden di wilayah Jabodetabek. Instrumen menggunakan Shortened Premenstrual Assessment Form (SPAF) dan menggunakan analisis univariat. Hasil menunjukkan mayoritas responden berdomisili di Jakarta (62,5%), berusia remaja pertengahan (47,5%), memiliki tingkat pendidikan dasar (56,7%), dan mengalami disabilitas intelektual (53,3%). Sebanyak 52,5% responden mengalami PMS berat, 25,8% PMS tingkat sedang, 20% PMS ringan, dan 1,7% tidak menunjukkan gejala. Hasil ini menegaskan pentingnya peran orang tua dan guru sebagai pendamping utama dalam mengenali serta mengatasi PMS pada remaja disabilitas. Penelitian ini diharapkan menjadi dasar untuk pengembangan intervensi kesehatan reproduksi yang inklusif dan strategis, guna meningkatkan kualitas hidup remaja disabilitas secara holistik.

.....Premenstrual Syndrome (PMS) is a multifactorial disorder preceding menstruation, characterized by physical and psychological symptoms, including headaches, mastalgia, bloating, fatigue, back and/or abdominal pain, food cravings, anxiety, even depression. Adolescents with disabilities frequently encounter challenges in conveying symptoms. This study aims to delineate the characteristics of PMS among adolescents with disabilities. A cross-sectional study design was employed, utilizing non-probability sampling to recruit 120 female adolescents with various types of disabilities in the Greater Jakarta area (Jabodetabek). Data were collected using the Shortened Premenstrual Assessment Form (SPAF) and analyzed through univariate statistical methods. The results revealed that the majority of respondents resided in Jakarta (62.5%), were in mid-adolescence (47.5%), had a primary education level (56.7%), and were diagnosed with intellectual disabilities (53.3%). Additionally, 52.5% of respondents reported severe PMS symptoms, 25.8% experienced moderate symptoms, 20% exhibited mild symptoms, and 1.7% did not report any symptoms. The findings underscore the importance of the roles of parents and educators as proximal caregivers in recognizing and addressing PMS symptoms in adolescents with disabilities. This study provides foundational insights for the development of inclusive and evidence-based reproductive health interventions aimed at enhancing the overall quality of life of adolescents with disabilities.