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KNOWLEDGE STUDY YOUNG WOMEN ABOUT DISMENOREAE IN CLASS VIII AT NGEBA PASIR PUTIH JUNIOR HIGH SCHOOL

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ABSTRACT

Background: Menstrual pain or dysmenorrhoea is a common problem that is often complained of by women who menstruate. This is the main gynecological problem most often complained about. Dysmenorrhoea can also be defined as pain during menstruation which prevents women from moving normally. The purpose of the study was to determine the level of knowledge of young women about dysmenorrhea in class VIII of Ngeba Pasir Putih Middle School in 2018.

Case study method: the descriptive method is used. The location of this case study was conducted at Ngeba Pasir Putih Middle School. The sampling technique in this study used total sampling technique in which all populations were sampled. The number of samples in this study was 30 respondents. Data analysis was done using manual frequency distribution formula.

The results of the study: showed that respondents / young women who had good knowledge about dysmenorrhea from 35 prescribers were 27 respondents (77%) and those with less knowledge were 8 respondents (23%).

Conclusion: the level of knowledge of respondents / young women both about Dismenoreae is 67% and knowledge is less as much as 23% and it is recommended for midwives or health workers to always give a good and continuous reduction to all people, especially young women about Dismenorrhea disease.

INTRODUCTION

Women's health is an important and endless topic to discuss. The level of women's health reflects the level of health services in a country, if the maternal mortality rate is still high, it means that the level of health services is not good, so that anything related to women's health is always an inexhaustible cycle of discussion, one of which is menstruation female [1].

Menstrual pain or *dysmenorrhea* is a common problem that is often complained of by women who experience *menstruation* . This is the main gynecological problem that is most often complained about. *Dysmenorrhea* can also be defined as menstrual pain which prevents women from carrying out normal activities [2] . *Dysmenorrhoea* or better known by the name of menstrual pain is a common complaint experienced by adolescent girls precisely in the lower abdomen. Dysmenorrhea is a disease that has long been known. The pain can be accompanied by nausea, vomiting, diarrhea, cold sweats, and dizziness. But later it was discovered that pain during menstruation is not only felt in the lower abdomen. Some teens sometimes feel the lower back, waist, pelvis, upper thigh muscles to calves [3].

According to *World Health Organization* (WHO) data that an average of more than 50% of women in each country experience *dysmenorrhea* , and the results of the study of the *prevalence of dysmenorrhoea* conducted in Mexican students in 2010, as many as 1,539 respondents from 6 medical, nursing, nutrition, dentistry programs , pharmacy and psychology as many as 64% of them experienced *dysmenorrhea* with an average age of *menarche* 12.3 years. Meanwhile, an *epidemiological* study conducted by Mohamed (2012) in Egypt, as many as 845 young women who were willing to fill out a questionnaire, found that as many as 76.1% experienced different levels of *dysmenorrhoea* . In this study also found a *significant* association *between dysmenorrhoea* and older respondents, early *menarche* , long and long menstrual *cycles* . Research conducted in India, as many as 107 medical students from 3 universities in several Indian states, found the prevalence of dysmenorrhea was 73, 83%. In this study participants who suffered severe dysmenorrhoea were 6.32%, moderate dysmenorrhoea was 30.37% and mild dysmenorrhoea was 63.29%. Meanwhile, a study conducted in Kadapa City of India (2011), a prevalence study conducted on 183 female adolescents (14-19 years) of 65% of whom had dysmenorrhea and 74.1% among adolescent girls had *dysmenorrhoea* had a family history that also experienced *dysmenorrhoea* [3].

The incidence of *menstrual* pain *(Dysmenorrhea)* in the world is very big. On average more than 50% of women in each country experience *dysmenorrhea* . In America the percentage is around 60% and in Sweden around 72%. While in Indonesia, it is estimated that 55% of productive women are tortured by *dysmenorrhea* . Incidence *(prevalence) Dysmenorrhea* ranges from 45 - 95% of women of childbearing age[4].

Efforts to treat D *ismenorrhea* during *menstruation* , there are several therapies, namely by using anti-pain medications (*analgesic*) P *rostaglandin* hormone expenditure inhibitors *such as Aspirin, Endomethacin, and Mefenamic Acid* . In addition to using therapy, treatment of *dysmenorrhea* can also be done without therapy, namely with mild exercise, consuming fruits and vegetables, and reducing sugar and *caffeine* levels . If the problem gets worse, then you should consult a doctor [4].

Preliminary study of Ng e b a Pasir Putih Middle School in Kao Teluk Subdistrict North Halmahera Regency showed that the number of all eighth grade female students in Ng e b a SMP was 3 5 students, initial interviews with 10 Ng e b a junior high school students that there were 8 female students I don't know about Dysmenorrhea, 1 student who knows enough about *Dysmenorrhea* and 1 student who already knows about *Dysmenorrhea* . This is possible from the absence of *reproductive* health education at Ng e ba Middle School . Knowledge of reproductive health is only obtained from *Biology* subjects , it also only discusses the *anatomy of* animals, plants and the *anatomical* structure *of* human reproductive organs and their functions. Does not discuss the problems that accompany the *reproductive* system.

Based on the lack of knowledge and the importance of knowledge about dysmenorrhea, the authors are interested in conducting research to find out " Young Women's Knowledge Levels About *Dysmenorrhea* in Class VIII Ngeba Pasir Putih Middle School".

METHODS

This research is a descriptive study in which the researcher describes or gives an description or description of a situation objectively regarding the knowledge of young women about dismonereae in class VIII at Ngeba Pasir Putih Middle School . Population is a generalization area consisting of: objects / subjects that have certain quantities and

characteristics determined by researchers to be studied and then conclusions drawn. The population can be limited and unlimited. It is said to be limited if the number of individuals or objects can be calculated. Whereas it is not limited in the sense that it cannot be determined the number of individuals or objects in this population. [1][3] The population in this study was 35 Young women in class VIII Ngeba Pasir Putih Middle School .

The sample is part of a number of characteristics possessed by the population used for research or a small part of the population members taken according to certain procedures. If the subject is less than 100, it is better to take everything so that the research is population research, then if the number of subjects is large (more than 100) can be taken 10% -15% or 20% -25% or more of the total population[14]. Because the number of population in this study is less than 100, this study takes samples using a total sampling of 30 Young Women In Class V III SMP Ngeba White Sands.

RESULT

Based on the results of research on the description of the Young Women Knowledge Level About *Dysmenorrhea* in Class VIII Ngeba Pasir Putih Middle School there were 35 respondents who were part of the population, which were then presented in the form of frequency distribution tables which are presented below:

Table 1. Frequency Distribution of Young Women's Knowledge Level in Class VIII Ngeba Pasir Putih Middle School about Menstrual Disorders.

Knowledge level	N	%
Know	31	89
Do not know	4	11
Total	35	100

Primary Data Source 2018

Based on table 1 above, it can be seen that almost all (89%) respondents enough to know about menstrual disorders and those who do not know / do not know as many as 4 respondents. people (11%).

Table 2. Frequency Levels for Young Women Knowledge Distribution In Class VIII Ngeba Pasir Putih Middle School about dysmenorrhoea.

Knowledge level	N	%
Know	28	80
Do not know	7	20
Total	35	100

Primary Data Source 2018

Based on table 4. 2 above, it can be seen from 35 respondents 28 people (80%) found out about dysmenorrhoea, and only 7 people (20%) were do not know about dysmenorrhoea

DISCUSSION

Based on the results of the above research, almost all respondents knew about dysmenorrhea. According to the researchers' assumptions the level of one's knowledge is inseparable from the amount of information received either through vision, hearing or witnessing directly as well as it does with the theory put forward by Bloom that one's knowledge is part of the cognitive domain which consists of six levels of acceptance, namely: Know, understand, application, analysis, synthesis and evaluation [13] The variables studied about knowledge include:

1. Young Women Knowledge in Class VIII Ngeba Pasir Putih Middle School about menstrual disorders From the results of the study, there were 31 respondents (89%) who knew about menstrual disorders, and 4 people (11%) who did not know. This shows that almost all respondents know about menstrual disorders. This is because respondents had received material about previous menstrual disorders, so that almost all respondents knew about menstrual disorders. As we know knowledge is the result of knowing, occurs after people have sensed a particular object. Sensing occurs through the five human senses, both the sense of sight, listener, smell, taste and touch

2. Knowledge of Young Women in Class VIII of Ngeba Middle School in White Sand about Dysmenorrhea From the results of the study, 28 (80%) respondents found out about Dysmenorrhoea, and only 7 people (20%) did not know. This is because respondents had received material about menstrual disorders and dysmenorrhoea in school, so that almost all respondents knew about menstrual disorders [16] . As we know that knowledge is mostly obtained through learning which is a process of finding out, knowledge is the result of knowing, occurs

after people have sensed a particular object. Sensing occurs through the five human senses, both the sense of sight, listener, smell, taste and touch [15].

CONCLUSION

Based on the results of research conducted systematically regarding the Young Women Knowledge Level About *Dysmenorrhea* In Class VIII Ngeba Pasir Putih Middle School is as much 28 young women (80%) had good knowledge, and 7 young women (20%) who had bad knowledge.

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