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DESCRIPTION OF ADOLESCENT KNOWLEDGE ABOUT HANDLING OF DISMENORE IN JUNIOR HIGH SCHOOL INFORRI MALIFUT SUB-DISTRICT, NORTH HALMAHERA.

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ABSTRACT

Dysmenorrhoea or what is called menstrual pain is cramping, stabbing pain that can be felt in the lower abdomen, thighs, lower back, nausea, vomiting, diarrhea, and cramps during menstruation, weakness, and sweating. According to the World Health Organization (WHO), more than 50% of women in each country experience dysmenorrhea, and the results of research on the prevalence of dysmenorrhea were carried out on 1,539 Mexican students from 6 medical, nursing, nutrition, dentistry, pharmacy and psychology programs as many as 1,539 respondents. 64% of them had dysmenorrhea with a mean age of menarche of 12.3 years. In Indonesia, dysmenorrhea is quite large. shows that people with dysmenorrhea reach 60-70% of women in Indonesia. The incidence of primary dysmenorrhea in Indonesia is 54.89%, while the rest of the second type is 45.11%.

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Methods: To obtain knowledge about the management of dysmenorrhea at SMP INFORRI in Malifut sub-district, North Halmahera district. This type of research is descriptive and the population of this study is female students with a population of 50 people and 40 respondents as the sample. Data obtained directly from students using a questionnaire with a total of 18 questions.

Research results The results showed that the average knowledge of SMP INFORRI Malifut sub-district, about the management of dysmenorrhoea is in the poor category. of the 40 respondents, there were 3 people (7.5%) who had good knowledge about the treatment of dysmenorrhoea, 17 people (42.5%) had sufficient knowledge and 20 people (50.0%) had less knowledge.

Conclusions and suggestions on the level of knowledge in handling dysmenorrhea are on average lacking and it is recommended to provide counseling about dysmenorrhea by health workers from the nearest health center to students to have the knowledge and proper treatment and seek sources of information about dysmenorrhea.

Preliminary

Adolescence is a period full of changes, the initial stage is marked by adulthood or puberty in girls which is experiencing menstruation or menstruation. Menstruation/menstruation is the shedding of the uterine wall which consists of blood and body tissue, every woman has a different menstrual/menstrual experience. Some women get menstruation without any complaints, but not a few of them get menstruation accompanied by complaints, resulting in a feeling of discomfort in carrying out an activity, complaints during menstruation, one of which is dysmenorrhea which occurs during menstruation¹. Adolescent reproductive health means a healthy condition regarding the reproductive system (the function of components and processes) possessed by

adolescents both physically, mentally, socially, and spiritually.

Dysmenorrhoea or what is called menstrual pain is cramping, stabbing pain that is felt in the lower abdomen, thighs, lower back, nausea, vomiting, diarrhea, and cramps during menstruation, weakness, and sweating. Menstrual pain can be of various kinds, it could be due to a disease process (pelvic inflammation), endometriosis. tumors, or abnormalities in the placement of the uterus, blood membranes, or vagina without a perforated opening and excessive stress or anxiety. However, menstrual pain is also suspected due to hormonal imbalance³.

Dysmenorrhea usually only appears 2-3 years after menarche or the first menstruation, some dysmenorrhea is mild, some are vague, some are severe and even some women have fainted and some have to see a doctor check the pain they experience interfering with their activities. Because sufferers are experienced at a productive age, dysmenorrhea can also cause unconsciousness at work and school. A total of 13-51% of women have absent once and 5-14% have been absent repeatedly⁴.

Based on a survey conducted by two teachers, consisting of a homeroom teacher and a UKS coordinating teacher and information from the data of the UKS coordinator at YLPI High School, which states that every month there must be some students who leave the learning process because they experience dysmenorrhea and most of the students choose permission to go home because of the unbearable pain. Based on interviews conducted in June 2018, it was found that 5 YLPI high school students with a percentage of 26.67% of whom never experienced dysmenorrhea while 73.77% of the rest said they experienced different complaints of menstrual pain as in While studying the student, permission to go home crying, some continued to attend the lesson and were in an anxious state that didn't concentrate on attending the

lesson. Students also said menstrual pain was very uncomfortable and interfered with school activities. However, the knowledge of students in handling dysmenorrhea is still lacking, such as not being able to describe how to deal with dysmenorrhea complaints independently and students also admit to rarely doing physical activity or sports⁵.

According to the World Health Organization (WHO), more than 50% of women in each country experience dysmenorrhea, and the results of research on the prevalence of dysmenorrhea were carried out on Mexican girls in 2010, as many as 1,539 respondents from 6 medical, nursing, nutritional, dental programs, pharmacy, and psychology as much as 64% of them had dysmenorrhea with a mean age of menarche 12.3 years. After meanwhile an epidemiological study conducted in Egypt, of 845 easy women who volunteered to fill out a questionnaire, it was found that as many as 76.1% had varying degrees of dysmenorrhoea. The study also found a significant relationship between dysmenorrhoea and respondents with older, early menarche, long menstrual cycles.

menstrual pain (dysmenorrhoea) in the world is enormous. On average, more than 50% of women experience menstrual pain in America, the percentage is 60% in Sweden, 72%, while in Indonesia it is estimated that 55% of productive women are tormented by menstrual pain. The incidence (prevalence) of menstrual pain ranges between 45-95% of women of childbearing age⁶.

From the results of research in the United States, the percentage of dysmenorrhea is around 60%, and in Indonesia 55%. In America, dysmenorrhea occurs in 30-50% of women of reproductive age, and 10-15% of them are lost job opportunities, disrupt learning activities at school, and family life. Menstrual pain was more common in women with high-stress levels, compared to women with low-stress levels. The risk of experiencing

menstrual pain increases 10 times in women with menstrual pain and high stress compared to women without a history of dysmenorrhea⁷.

In Indonesia, dysmenorrhea is quite large. shows that people with dysmenorrhea reach 60-70% of women in Indonesia. The incidence of primary dysmenorrhea in Indonesia is 54.89%, while the rest of the second type is 45.11%. The health office of the province of Tangerang, at the health center in the province of Tangerang in 2011, the total number of dysmenorrhea patient visits was 237 cases, in 2012 it increased by 435 cases and in 2013 there were 424 cases⁸.

The research obtained from 66 respondents showed that 36 young women who had less knowledge in handling dysmenorrhea, were less, namely 31 people, just 5 people, and neither were there. Of the 20 young women who had sufficient knowledge, 2 were sufficient, 17 were sufficient and 1 was good⁹.

Method

This research is descriptive research that is a research method that describes the knowledge of young women about the treatment of dysmenorrhea in young girls at INFORRI Junior High School in Malifut District, North Halmahera Regency.

Result

Table 1.1 Distribution of Characteristic Frequency, an overview of junior high school students' knowledge about the management of dysminorrhea at SMP INFORI Malifut

Variable	Frequency (f)	Percentage (%)
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Age

12 years old	4	10
13 years old	11	27,5
14 years	10	25
15 years	6	15
16 years	9	22,5

Handling

Good	7	17,5
Enough	21	52,5
Less	12	30,0

Knowledge

Good	3	7,5
Enough	17	42,5
Less	20	50,0

Source: Computerized data processing results

It shows that the age distribution of respondents in this study is the largest proportion in the 13 year age group,

namely 11 people (27.5%). And the lowest in the 12 year age group is 4 people (10%).

40 respondents handled dysmenorrhea as many as 7 people (17.5%) enough treatment was 21 people (52.5%) and less handling was 12 people (30.0%). Of the 40 respondents, 3 people (7.5%) had good knowledge about the treatment of dysmenorrhoea, 17 people (42.5%) had sufficient knowledge and 20 people (50.0%) had insufficient knowledge.

Good knowledge level as many as 15 respondents with a percentage (33.33%), Sufficient knowledge 10 respondents with a percentage (33.33%) and less knowledge 5 with a percentage of 16.66%.

DISCUSSION

The results of research that show the high incidence of dysmenorrhoea, need to be known how knowledge and attitudes of respondents about the treatment-experienced dysmenorrhea. Knowledge is dominant which is very important to master, because by knowing something we can become a guide for further action. Knowledge is obtained through information both orally and in writing from one's experiences.

Research conducted by Purnamayati PI (2017) In class XI Bali high school students, it is known that good knowledge of 73 respondents with a tendency to have good behavior is 54.8%, sufficient knowledge is as many as 75 respondents with a tendency of poor behavior by 63.7% and less knowledge of 22 respondents with a tendency to be less than 63.6.

According to the 2016 Destiayana theory, a person's knowledge of a matter that affects attitudes and actions that will encourage the individual to take certain

measures when menstrual health conditions are needed is influenced by the level of knowledge. someone who does not have sufficient knowledge will tend to neglect health and end up having treatment that is harmful to himself. So someone who has good knowledge of dysmenorrhea will have the right way of handling to treat menstrual disorders.

Based on the results of the research above, it shows that the respondents in the study were 40 respondents to SMP INFORRI Kec. Malifut. then from 40 respondents, there were 3 people (7.5%) who had good knowledge about the treatment of dysmenorrhoea, 17 people (42.5%) had sufficient knowledge and 20 people (50.0%) had insufficient knowledge.

The theory according to Notoatmodjo 2017. Education, age, information, and experience are factors that influence knowledge. Where the students who become respondents are still in the middle adolescent stage with an average age of 15 years, so that students have to seek a lot of information from various parties apart from the media, there are also health workers, parents, and friends who can provide useful and useful information. can add insight to students about dysmenorrhoea.

Treatment that must be done during dysmenorrhea is such as Doing compresses using warm water

1. Adequate rest
2. Eat a healthy diet
3. Reduce stress
4. Take pain relievers

The results showed that the average knowledge of SMP INFORRI Malifut sub-district about the management of dysmenorrhoea is in the poor category. This is based on the experience of the respondents as well as the level of education. Most of the respondents are in adolescence,

namely 12-16 years, where adolescents who want to find out new things besides that the researchers assume that based on information sources that are often used by respondents and most respondents get information via the internet so that more respondents got knowledge. Along with improving technology and communication, the internet serves as an inexhaustible source of information, whereby curious teenagers access the internet to gain more knowledge. According to young women when they experience dysmenorrhea they are better off resting in the school health unit and some ask permission to go home to rest at home. It is important to get information from health workers about how to properly treat dysmenorrhea so that the activities of young women are not disturbed when experiencing dysmenorrhea. Also, researchers assume that the level of parental education is also important because parental education also affects the knowledge of young girls. After all, parents are the closest people in their daily lives. Parents also play a role in giving education for these children can get good knowledge about dysmenorrhea.

A study on the prevalence of menstrual pain that has been carried out by Unsal in Erlina R (2016) which was conducted on 628 school adolescents in Turkey with a prevalence of dysmenorrhea rate of 58.2% has been associated with factors associated with this disorder. This needs to be seen to find out how the age variations of students give an idea of how much experience knowledge about dysmenorrhea.

Based on the results of the research above, data from 40 respondents who did a good treatment for dysmenorrhea were 7 people (17.5%) enough treatment was 21 people (52.5%) and less handling was 12 people (30.0%). Treatment is a process that we do to deal with problems that we are feeling or are being felt by other people and the intended treatment is handling dysmenorrhea.

Researchers assume that SMP INFORRI students do enough to treat dysmenorrhea.

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