



## ABSTRAK

Dismenore merupakan nyeri yang terjadi saat menstruasi. Angka kejadian dismenore di provinsi Yogyakarta yang dialami wanita usia reproduktif sebanyak 52%. Seseorang yang memiliki pengetahuan tentang dismenore akan memilih perilaku yang tepat untuk menangani dismenore. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan tentang dismenore dengan upaya penanganan dismenore primer.

Metode penelitian ini menggunakan desain *cross-sectional*. Penelitian ini dilakukan di SMP Negeri 2 Kalibawang Kulon Progo dimulai dari bulan Juni – November 2019. Pengambilan data dilakukan pada tanggal 1 November 2019 setelah mendapatkan persetujuan dari komisi etik FK-KMK UGM dengan No. KE/FK/1175/EC/2019. Populasi terjangkau penelitian ini yaitu siswi kelas VII, VIII, dan IX yang telah mengalami menstruasi berjumlah 82 orang. Pengambilan sampel dilakukan secara *total sampling* dengan jumlah sampel 72 siswi yang telah mengalami menstruasi dan dismenore primer. Penelitian ini menggunakan data primer kuesioner pengetahuan dan upaya penanganan dismenore primer. Analisis data univariat menggunakan distribusi frekuensi dan persentase masing-masing variabel sedangkan analisis bivariat menggunakan uji statistik *fisher exact*.

Hasil penelitian menunjukkan bahwa sebanyak 41 responden (56,9%) memiliki pengetahuan baik tentang dismenore. Sedangkan pada upaya penanganan dismenore primer, sebanyak 46 responden (63,9%) memiliki upaya penanganan dismenore primer dalam kategori cukup. Hasil uji statistik *fisher exact* menunjukkan *p-value*  $0,001 < 0,05$ , sehingga terdapat hubungan yang signifikan antara tingkat pengetahuan dengan upaya penanganan dismenore primer pada remaja putri. Remaja yang memiliki pengetahuan baik tentang dismenore akan mampu melakukan upaya penanganan dismenore yang dihadapi.

**Kata kunci: pengetahuan, dismenore primer, upaya penanganan**



## **ABSTRACT**

*Dysmenorrhea is a condition of pain during menstruation. The incidence of dysmenorrhea in the province of Yogyakarta which was experienced by reproductive women were 52%. Anyone who had a knowledge about dysmenorrhea would choose a right behavior to handle dysmenorrhea. The objective of this research is to find the relationship between the level of knowledge with the treatments of primary dysmenorrhea in teenagers.*

*The method of research that used was a cross sectional design. This research was done at SMP Negeri 2 Kalibawang Kulon Progo starting from June to November 2019. The data was collected on November 1<sup>st</sup>, 2019 after obtaining approval from the FK-KMK UGM ethics commission with No. KE/FK/1175/EC/2019. This affordable population of research was VII, VIII, and IX grade students who had menstruated as many as 82 people. The sample collection was done by total sampling as many as 72 students who had menstruated and experienced a primary dysmenorrhea. This research used a questionnaire primary data of knowledge and primary dysmenorrhea treatments. The univariate data analysis used the frequency distribution and percentage of each variable, while the bivariate data analysis used the fisher exact test.*

*The result of research showed that are 41 respondents (56,9%) had good knowledge about dysmenorrhea. Besides that, there were 46 respondents (63,9%) had sufficient treatments about primary dysmenorrhea treatments. The result of fisher exact test obtained p-value  $0,001 < 0,05$ , it means there was significant relationship between the level of knowledge with the treatments of primary dysmenorrhea in teenagers. Teenagers who have good knowledge about dysmenorrhea will be able do primary dysmenorrhea treatments that they face.*

**Keywords: knowledge, primary dysmenorrhea, treatment**