

ABSTRAK

Gangguan pramenstrual menjadi permasalahan utama yang dialami oleh wanita. Kurangnya pengetahuan remaja terhadap gejala premenstrual PMS dan PMDD dapat menyebabkan ketidakmampuan remaja mengidentifikasi tanda dan gejala PMS dan PMDD. Tujuan penelitian ini untuk mengidentifikasi tingkat pengetahuan siswi SMP terhadap PMS dan PMDD di Daerah Istimewa Yogyakarta (DIY).

Metode penelitian menggunakan desain penelitian *cross sectional*. Populasi target adalah seluruh remaja putri SMP yang telah mengalami menstruasi, sedangkan populasi terjangkau adalah seluruh remaja putri yang telah mengalami menstruasi di SMP Negeri 3 Yogyakarta. Pengambilan sampel diambil dengan cara *simple random sampling* dengan jumlah sampel keseluruhan 74 responden pada Desember 2019. Variabel penelitian adalah tingkat pengetahuan. Instrumen yang digunakan adalah instrumen gejala PMS berdasarkan kriteria ACOG (2000) dan gejala PMDD berdasarkan kriteria DSM-IV (1994) serta instrumen pengetahuan PMS dan PMDD yang sudah valid dan reliabel. Analisis data menggunakan uji univariat untuk melihat frekuensi tingkat pengetahuan responden.

Hasil penelitian menunjukkan sebanyak 31,1% responden mengalami gejala PMS dan 14,9% mengalami gejala PMDD. Tingkat pengetahuan baik terhadap PMS ditemukan sebanyak 41,9% sedangkan terhadap PMDD ditemukan sebanyak 44,6% dari jumlah total responden.

Prevalensi PMS dan PMDD pada siswi SMP relatif lebih rendah dibanding penelitian sebelumnya. Tingkat pengetahuan remaja putri terhadap PMS dan PMDD perlu ditingkatkan melalui kegiatan sosialisasi tentang gangguan menstruasi yang dapat dilakukan di sekolah.

Kata Kunci : *Premenstrual Syndrome, Premenstrual Dysphoric Disorder*, Tingkat Pengetahuan

ABSTRACT

Premenstrual disorders become a major problem experienced by women. Lack of knowledge of adolescents against premenstrual symptoms of PMS and PMDD can lead to the inability of them to identify the signs and symptoms of PMS and PMDD. The purpose of this study was to identify the level of junior high school students' knowledge of PMS and PMDD in Daerah Istimewa Yogyakarta (DIY).

The research method used a cross sectional research design. The target population is the entire junior high school girls who have experienced menstruation, while the accessible population is the entire population of teenagers who had been menstruating at SMP Negeri 3 Yogyakarta. Samples were taken by simple random sampling technique with a sample size of 74 participants in December 2019. The level of knowledge is the variable of this research. The instruments used were PMS symptom instruments based on ACOG criteria (2000) and PMDD symptoms based on DSM-IV criteria (1994) as well as the knowledge of PMS and PMDD instruments that are valid and reliable. Data analysis used univariate tests to see the frequencies of the participants's knowledge.

The results showed 31.1% of respondents experiencing PMS symptoms and 14.9% have symptoms of PMDD. It also showed about 41.9% participants have a good knowledge of PMS and about 44.6% of them also have a good knowledge of PMDD.

Overall, in junior high school students the prevalence of PMS and PMDD is relatively lower than the previous studies. The knowledge of adolescents towards PMS and PMDD can be increased by conducting socialization that can be done at school.

Key Words : *Premenstrual Syndrome, Premenstrual Dysphoric Disorder, Knowledge*