

INTISARI

Latar belakang: *Premenstrual syndrome* (PMS) adalah kumpulan beberapa gejala fisik dan afektif, terjadi 5 hari sebelum dan selama menstruasi yang mengganggu aktivitas. *Premenstrual Dysphoric Disorder* (PMDD) adalah gangguan PMS yang sudah parah. PMS dan PMDD dipengaruhi faktor biologis, emosi, dan lingkungan. Siswi disabilitas daksa lebih rentan mengalami gangguan kesehatan karena memiliki keterbatasan fisik dan fungsi tubuh. Namun, belum ada data mengenai gangguan menstruasi PMS & PMDD pada siswi disabilitas daksa.

Tujuan penelitian: Mengetahui prevalensi gangguan menstruasi dan mengetahui bantuan yang diperlukan saat menstruasipadasiswi dengan disabilitasdaksadiSLBProvinsiDIY.

Metode penelitian: Jenis Penelitianini adalahdeskriptifmenggunakan rancangancross sectional,metodekuantitatifobservasional.Teknik pengumpulan data dengan *total sampling*. Sampel pada penelitian ini adalah 26 siswi disabilitas daksa di seluruh SLB Provinsi DIY yang sudah menstruasi. Penelitian dilakukan pada bulan 1 Februari-19 Maret. Variabel pada penelitian ini adalah gangguan menstruasi PMS dengan kriteria berdasar ACOG 2000 dan PMDD berdasarkan DSM IV. Analisis data menggunakan analisis univariat.

Hasil: Rata-rata usia responden adalah $18,30 \pm 4,47$ tahun. Siswi yang mengalami PMS tujuh siswi (23,08%), PMDD satu siswi (3,85%) dan non PMS/PMDD 18 siswi (88,46%). Gejala yang paling sering dialami siswi PMS adalah mudah tersinggung (66,67%). Siswi PMDD mengalami delapan gejala dengan gejala utama mudah tersinggung (100%). Siswi disabilitas daksa membutuhkaninformasi tentang menstruasi dan bantuanmengganti pembalut. Harapan saat terjadi gejala pramenstruasi bermacam-macam (pijat, perhatian dan obat).

Kesimpulan: Prevalensi gangguan menstruasi PMS (26,92%) dan PMDD (3,85%) di SLB Provinsi DIY.

Kata kunci: Menstruasi, PMS, PMDD, siswi disabilitas daksa.

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ABSTRACT

Background: Premenstrual syndrome (PMS) is a collection of some of the physical and affective symptoms that occur before and during menstruation that interfere activity daily living. Premenstrual Dysphoric Disorder (PMDD) is severe PMS. PMS and PMDD is affected by biological factors, emotion, and environment. Students with physical disability more vulnerable to have health problem. Therefore, this study is important because no data on menstrual disorders PMS and PMDD on physical disability students.

Objective: The purpose of the study is to know the prevalence of menstrual disorders and determine the necessary assistance during menstruation in physical disability students in SLB DIY.

Methods: This study used descriptive with cross sectional design. Data were collected with total sampling technique. Subject were 26 physical disability students throughout the province SLB DIY has been menstruation. The study was conducted in February-March 2016. The variables in this study are PMS based on ACOG 2000 and PMDD according to DSM IV. Data were analyzed with univariate.

Results: The analysis showed the average age of respondents was $18,30 \pm 4,47$ year. Female students who have PMS 6 students (26,92%), PMDD experienced by 1 student (3,85%) and non PMS/PMDD were 18 students (69,23%). PMS Symptom were most often experienced by physical disability students was irritable. Student with PMDD has eight experienced symptoms, the main symptom was irritable (100%). Physical disability students need an information about menstruation, help to change the pads and expectations during an assortment of premenstrual symptoms (massage, attention and medication)

Conclusion: The prevalence of menstrual disorders PMS was 26,92% and PMDD was 3.85% in SLB DIY.

Keyword: Menstruation, physical disability students, PMDD, PMS.

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