

INTISARI

Latar Belakang: Seorang siswi disabilitas mental ringan akan melewati masa remaja sama seperti siswi normal. Tanda dimulainya masa remaja adalah dialaminya pubertas salah satunya melalui peristiwa *menarche*. Pada awal terjadinya menstruasi hormon dalam tubuh seorang wanita masih belum stabil sehingga mereka rentan terkena gangguan menstruasi. PMS dan PMDD adalah jenis gangguan menstruasi yang tidak memerlukan pemeriksaan fisik lebih lanjut dalam penegakkan diagnosis. Bantuan diperlukan bagi siswi disabilitas mental saat menghadapi menstruasi.

Tujuan: Tujuan penelitian ini adalah untuk mengetahui gambaran gangguan PMS dan PMDD serta jenis bantuan yang diperlukan siswi disabilitas mental ringan di SLB Provinsi DIY saat menstruasi.

Metode: Penelitian ini merupakan penelitian deskriptif dengan rancangan *cross sectional*. Penelitian dilakukan pada 108 siswi disabilitas mental ringan yang bersekolah di 17 SLB di Provinsi DIY. Pengumpulan data dilakukan pada bulan Januari-Maret 2016 melalui teknik wawancara dengan panduan kuesioner yang berisi data demografi, riwayat menstruasi, bantuan saat mengalami menstruasi, dan instrumen PMS dan PMDD menurut kriteria ACOG dan DSM-IV. Analisis data yang digunakan adalah analisis univariat.

Hasil: Siswi disabilitas mental ringan yang tidak memiliki kecenderungan mengalami PMS/PMDD adalah sebanyak 91 orang (84,26%), memiliki kecenderungan mengalami PMS sebanyak 8 orang (7,41%), dan memiliki kecenderungan mengalami PMDD sebanyak 9 orang (8,33%). Gejala yang paling sering dirasakan siswi PMS adalah sakit kepala (75%) dan gejala utama yang muncul pada siswi PMDD adalah gejala depresi (88,9%). PMS dan PMDD paling mengganggu kegiatan saat mereka mengikuti pelajaran. Kebanyakan responden menyatakan ingin mengetahui informasi terkait menstruasi (95,37%). Jenis informasi yang paling banyak mereka butuhkan adalah informasi mengenai proses terjadinya menstruasi (81,48%). Sebanyak 23,15% dan 21,3% responden membutuhkan bantuan ketika memakai dan membersihkan pembalut.

Kesimpulan: Gambaran kecenderungan gangguan PMS dan PMDD pada siswi disabilitas mental ringan di SLB Provinsi DIY adalah 7,41% dan 8,33%. Jenis bantuan yang diperlukan oleh siswi disabilitas mental ringan ketika menstruasi adalah bantuan informasi (95,37%), bantuan memakai pembalut (23,15%), dan membersihkan pembalut (21,3%).

Kata Kunci: Menstruasi, PMS, PMDD, siswi disabilitas mental ringan

ABSTRACT

Background: Student with mild mental disability is going to be adolescent just like other normal students. Puberty is the mark of adolescence which is experienced through *menarche*. At the beginning of menstruation, hormones are still not stable. Hormones instability makes teenager more prone to get menstrual disorders. PMS and PMDD are kind of menstrual disorder that didn't need physical examination to be diagnosed. Student with mild mental disability need assistance when they get menstruation.

Objective: The aim of this study is to describe of PMS and PMDD and the type of assistance required by students with mild mental disability in special schools of Yogyakarta when they get menstruation.

Methods: This is a descriptive research with cross sectional design. The study was conducted on 108 female students with mild mental disability in 17 special schools in Yogyakarta. Data were collected on January-March 2016 through interviews with questionnaire guidance that consist of demographic data, menstrual history, assistance during menstruation, and instruments of PMS and PMDD according to ACOG and DSM-IV. Data were analyzed with univariate.

Results: Students with mild mental disability who tends to have PMS/PMDD were 91 person (84.26%), who tends to have PMS were 8 persons (7.41%), and tends to have PMDD were 9 persons (8.33%). Most of students tends to have PMS felt headache as premenstrual symptoms. The prominent symptom of students with tends to have PMDD is depression symptom. PMS and PMDD were disturbed their studying program. Most respondent said that they wanted to know information related to menstruation (95.37%). The type of information mostly needed was about the process of menstruation (81.48%). A total of 23.15% and 21.3% respondents needed help during wearing and cleaning pads.

Conclusion: Description of PMS and PMDD in students with mild mental disability in special schools of Yogyakarta amounted to 7.41% and 8.33%. The type of assistance required by students during menstruation were information (95.37%), help in wearing pads (23.15%), and help in cleaning the pads (21.3%)

Keywords: menstruation, PMS, PMDD, student with mild mental disability