

ABSTRAK

Masa remaja menunjukkan adanya pematangan organ reproduksi salah satunya terjadi menstruasi. Menstruasi merupakan *female reproductive cycle*. Saat menstruasi biasanya disertai dismenorea yang dapat mengganggu aktifitas remaja dan menurunkan kualitas hidup individu. Tujuan penelitian untuk mengetahui pengaruh edukasi senam dismenorea terhadap psikomotor senam dismenorea pada remaja putri di SMA Negeri 6 Kota Cimahi. Rancangan penelitian ini menggunakan metode *pre-experiment* dengan rancangan *posttest only with control group design* sebanyak 40 responden yang dipilih dengan menggunakan teknik *non probability sampling* berupa *accidental sampling*. Instrumen yang digunakan adalah lembar observasi. Analisis data menggunakan frekuensi psikomotor kelompok kontrol dan kelompok intervensi menggunakan *Mann Withney U Test*. Hasil penelitian menunjukkan bahwa frekuensi kelompok kontrol yang dilakukan *post-test* dengan kategori terampil yaitu 2 (5%) dan frekuensi kelompok kontrol yang dilakukan *post-test* dengan kategori terampil yaitu 18 (45%). Sedangkan frekuensi kelompok intervensi yang dilakukan *post-test* dengan kategori terampil yaitu 17 (42%) dan kelompok intervensi yang dilakukan *post-test* dengan kategori kurang terampil yaitu 3(7,5%). Hasil analisis menunjukkan p-Value = 0.000 dimana bahwa adanya perbedaan antara kelompok kontrol yang tidak dilakukan edukasi dan kelompok intervensi yang diberikan edukasi terlebih dahulu. Kesimpulan didapatkan bahwa edukasi senam dismenorea berpengaruh terhadap psikomotor senam dismenorea dan diharapkan kepada responden dapat mempraktikannya jika merasakan nyeri dismenorea.

Kata Kunci : Dismenorea, Edukasi, Psikomotor, Senam

Referensi : 39 Jurnal (2013 – 2021)

4 Buku (2013- 2018)

1 Web (2021)

ABSTRACT

Adolescence shows the maturation of reproductive organs, one of which is menstruation. Menstruation is a female reproductive cycle. Menstruation is usually accompanied by dysmenorrhea which can interfere with adolescent activities and reduce the individual's quality of life. The purpose of the study was to determine the effect of dysmenorrhoea gymnastics education on psychomotor dysmenorrhoea exercise in adolescent girls at SMA Negeri 6 Cimahi City. The design of this study used a pre-experimental method with a posttest only design with a control group design of 40 respondents who were selected using a non-probability sampling technique in the form of accidental sampling. The instrument used is an observation sheet. Data analysis used the psychomotor frequency of the control group and the intervention group using the Mann Withney U Test. The results showed that the frequency of the control group being post-tested with the skilled category was 2 (5%) and the frequency of the control group being post-tested with the skilled category was 18 (45%). Meanwhile, the frequency of the post-test intervention group with the skilled category was 17 (42%) and the post-test intervention group with the less skilled category was 3 (7.5%). The results of the analysis show p-Value = 0.000 which means that there is a difference between the control group who did not receive education and the intervention group that was given prior education. The conclusion is that dysmenorrhoea exercise education has an effect on psychomotor dysmenorrhoea exercise and it is hoped that respondents can practice it if they feel dysmenorrhea pain.

Keywords: Dysmenorrhea, Education, Psychomotor, Exercise

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