

ABSTRAK

Latar belakang : Dysmenore terjadinya kekakuan dibagian bawah perut yang terjadi pada waktu menjelang atau selama menstruasi. Wanita sering mengalami nyeri haid sebanyak 90 % dan masalah ini mengganggu 50% wanita masa reproduksi dan 85% diantaranya pada usia remaja (Menurut Oktobriarani, 2015). **Tujuan penelitian :** untuk mengetahui gambaran pengetahuan remaja putri mengenai penanganan dysmenore di SMK Bhakti Kencana Bandung. **Metode :** metode penelitian ini menggunakan penelitian deskriptif. **Populasi dan sampel :** populasi dalam penelitian ini remaja putri putri kelas X, XI, XII di SMK Bhakti Kencana Bandung sebanyak 84 sampel orang dengan teknik stratified sampling. **Teknik pengumpulan data :** menggunakan kuesioner google form. Analisa data menggunakan analisis univariat. **Hasil :** berdasarkan hasil penelitian sebagian kecil responden memiliki pengetahuan baik dengan jumlah 5 siswi (5,95%), hampir setengah responden termasuk kedalam pengetahuan cukup dengan jumlah 40 siswi (47,62%) dan juga hampir setengah responden memiliki pengetahuan kurang dengan jumlah siswi 39 (46,43%). **Kesimpulan dan saran :** kesimpulan dalam penelitian ini responden memiliki pengetahuan cukup, saran peneliti institusi sekolah memfasilitasi peningkatan pengetahuan remaja putri dengan diadakannya penyuluhan tentang penanganan dysmenore oleh petugas kesehatan agar siswi memiliki pengetahuan lebih untuk penanganan dysmenore.

Kata kunci : Penanganan dysmenore, Pengetahuan, Remaja

Daftar Pustaka: 5 buku
15 jurnal

ABSTRACT

Background: Dysmenorrhea is the occurrence of stiffness in the lower abdomen that occurs before or during menstruation. Women often experience menstrual pain as much as 90% and this problem interferes with 50% of women during their reproductive years and 85% of them are in their teens (According to Oktobriarani, 2015). **The purpose of the study:** to describe the knowledge of adolescent girls regarding the handling of dysmenorrhea at SMK Bhakti Kencana Bandung. **Methods:** this research method uses descriptive research. **Population and sample:** the population in this study were female adolescent girls in grades X, XI, XII at SMK Bhakti Kencana Bandung as many as 84 samples of people with stratified sampling technique. **Data collection techniques:** using a google form questionnaire. Data analysis used univariate analysis. **Results:** based on the results of the study, a small part of the respondents had good knowledge with a total of 5 students (5.95%), almost half of the respondents were included in sufficient knowledge with a total of 40 students (47.62%) and also almost half of the respondents had less knowledge with the number of students. 39 (46,43%). **Conclusions and suggestions:** the conclusions in this study were that the respondents had sufficient knowledge, the advice of the school institution researchers to facilitate the increase of knowledge of young women by holding counseling about the handling of dysmenorrhea by health workers so that students have more knowledge for the treatment of dysmenorrhea.

Keywords: Handling dysmenorrhea, Knowledge, Adolescents

Bibliography : 5 books

15 journals