

ABSTRAK

Dismenorea adalah nyeri yang dirasakan saat menstruasi dan merupakan gangguan ginekologi yang disebabkan oleh ketidakseimbangan hormon progesteron dalam darah. Salah satu cara mengurangi dismenorea adalah dengan memperhatikan asupan nutrisi. Pemberian informasi tentang nutrisi yang berperan dalam dismenorea dapat dilakukan melalui edukasi. Edukasi ditujukan untuk menambah pengetahuan tentang penanganan dismenorea dan merubah sikap dalam penanganan dismenorea. Tujuan penelitian ini untuk mengetahui pengaruh edukasi nutrisi terhadap sikap dalam penanganan dismenorea pada siswi di MAN 2 Kota Bandung.

Jenis penelitian ini adalah *Pre-eksperimental*, dengan rancangan *one group pretest posttest without control group design*. Populasi pada penelitian ini sebanyak 686 siswi dengan sampel sebanyak 88 siswi. Pengambilan sampel menggunakan *proporsional random sampling*. Intervensi berupa pemberian edukasi nutrisi. Instrumen yang digunakan lembar kuesioner sikap dalam penanganan dismenorea. Analisa data yang digunakan univariat dan bivariat dengan uji *wilcoxon*.

Berdasarkan hasil penelitian sikap penanganan dismenorea sebelum diberikan edukasi nutrisi didapatkan nilai rata-rata 43,50 setelah diberikan edukasi nutrisi didapatkan nilai rata-rata 48,50. Dan berdasarkan hasil uji *wilcoxon* nilai p -value 0,000 artinya ada pengaruh edukasi nutrisi terhadap sikap penanganan dismenorea pada siswi di MAN 2 Kota Bandung. Saran penelitian ini adalah bagi siswi agar lebih menggali lagi informasi tentang dismenorea yang diharapkan nantinya dapat mengatasi dismenorea dengan baik.

Kata Kunci : Edukasi, Nutrisi, Sikap, Dismenorea

Referensi : 15 Buku (2012-2020)

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ABSTRACT

Dysmenorrhea is pain that is felt during menstruation and is a gynecological disorder caused by an imbalance of the hormone progesterone in the blood. One way to reduce dysmenorrhea is to pay attention to nutritional intake. Providing information about nutrition that plays a role in dysmenorrhea can be done through education. Education is intended to increase knowledge about the treatment of dysmenorrhea and change attitudes in the treatment of dysmenorrhea. The purpose of this study was to determine the effect of nutrition education on attitudes in handling dysmenorrhea in female students at MAN 2 Bandung City.

This type of research is pre-experimental, with a one group pretest posttest design without a control group design. The population in this study were 686 female students with a sample of 88 female students. Sampling using proportional random sampling. Intervention in the form of providing nutrition education. The instrument used was an attitude questionnaire sheet in treating dysmenorrhea. Data analysis used univariate and bivariate with the Wilcoxon test.

Based on the results of the study, the attitude towards handling dysmenorrhea before being given nutrition education obtained an average value of 43.50 after being given nutrition education, the average value was 48.50. And based on the results of the Wilcoxon test, the p -value is 0.000, meaning that there is an effect of nutrition education on the attitude of handling dysmenorrhea in female students at MAN 2 Bandung City. The suggestion of this research is for students to dig up more information about dysmenorrhea which is expected to be able to overcome dysmenorrhea well.

Keywords: Education, Nutrition, Attitude, Dysmenorrhea

References: 15 Books (2012-2020)

43 Journals (2012-2022)