

HUBUNGAN PENGETAHUAN DENGAN PENANGANAN DISMINORE PADA REMAJA PUTRI DI SMKN 1 MATARAM

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ABSTRAK

Dysmenorrhoea ialah nyeri menstruasi yang umum terjadi pada remaja putri dan dapat memengaruhi kehidupan sehari-hari serta prestasi belajar mereka. Meskipun dapat diobati dengan metode medis dan nonmedis, banyak remaja yang belum menguasai strategi pengobatan yang tepat. Penelitian ini mengkaji hubungan antara tingkat kesadaran akan dismenore dan metode pengobatan di kalangan siswi SMKN 1 Mataram. Melalui analisis cross-sectional, 31 peserta dipilih dari populasi. Data dikumpulkan melalui kuesioner dan dianalisis menggunakan uji chi-kuadrat. Hasil penelitian menunjukkan bahwa meskipun sebagian besar responden memiliki pengetahuan yang memadai (77,4%), praktik pengobatan mereka tidak memadai (54,8%). Nilai p adalah 0,194 ($p > 0,05$), yang menunjukkan bahwa tidak ada hubungan yang signifikan antara tingkat pengetahuan dan metode penanganan dismenore. Studi ini menyimpulkan bahwa meskipun responden memiliki pengetahuan yang memadai, hal ini tidak sepenuhnya sejalan dengan praktik yang mereka terapkan dalam menangani dismenore. Pendidikan kesehatan reproduksi remaja perlu ditingkatkan agar mereka mampu menangani nyeri haid dengan tepat.

Kata kunci: Pengetahuan, Penanganan, Disminore, Remaja Putri

**THE RELATIONSHIP BETWEEN KNOWLEDGE AND
DYSMENORRHEA MANAGEMENT AMONG ADOLESCENT GIRLS AT
SMKN 1 MATARAM**

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ABSTRACT

Dysmenorrhea is menstrual pain that commonly occurs in adolescent girls and can affect their daily lives and academic performance. Although it can be treated with medical and non-medical methods, many adolescents have not mastered the appropriate treatment strategies. This study examined the relationship between the level of awareness of dysmenorrhea and treatment methods among female students at SMKN 1 Mataram. Through cross-sectional analysis, 31 participants were selected from the population. Data were collected through questionnaires and analyzed using the chi-square test. The results showed that although most respondents had adequate knowledge (77.4%), their treatment practices were inadequate (54.8%). The p-value was 0.194 ($p > 0.05$), indicating that there was no significant relationship between the level of knowledge and methods of treating dysmenorrhea. This study concluded that although the respondents had adequate knowledge, this was not fully in line with the practices they applied in treating dysmenorrhea. Adolescent reproductive health education needs to be improved so that they are able to treat menstrual pain appropriately.

Keywords: *Knowledge, Management, Dysmenorrhea, Adolescent Girls*