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Correlation Between The Level Of Knowledge Of Young Women About Menstrual Disorders

Siti Aisyah Lbs[1], Mega Traine[2]
Institut Kesehatan Helvetia[1,2]

ARTICLE INFO	ABSTRACT
              Keywords: Knowledge, Teenagers, Menstrual Disorders	Menstrual disorders often occur in women of reproductive age due to the process of shedding of the uterine wall accompanied by bleeding that occurs repeatedly every month, except during pregnancy. The first day of menstruation is counted as the start of each menstrual cycle. Menstruation will occur in 3-7 days. At the beginning of the research, asking them about menstrual disorders, it was found that 9 students did not understand about menstrual disorders and 3 students knew about menstrual disorders. The aim of the research: to determine the relationship between the level of knowledge of young women about menstrual disorders in SMA Negeri 1 Panyabunan Selatan Class The instrument used was a questionnaire to obtain the data needed in the research using primary data collection techniques. The results of the analysis proved that the majority of respondents' level of knowledge was good knowledge as many as 6 people (20%) based on the results of statistical tests obtained data that the majority of knowledge was sufficient knowledge as many as 21 people (70%), while the minority is 3 people (10%) with less knowledge. The results of the research show that there is a relationship between knowledge based on age (p value = 0.11), knowledge based on information sources (p value = 0.000), and knowledge based on the environment (p value -0.000) of young women regarding menstrual disorders at SMA Negeri 1 Panyabungan Selatan Class XII, South Panyabungan District, Mandailing Natal Regency. The conclusion from the research results is that the level of knowledge of young women about menstrual disorders at SMA Negeri 1 Panyabungan Selatan is 6 people (20%) with good knowledge, 21 people (70%) with sufficient knowledge, the remaining minority is 3 people (10%) with poor knowledge.
Email: lbsaisyh2@gmail.com	

INTRODUCTION

Menstrual disorders often occur in women of reproductive age. Menstruation is a process of shedding of the uterine wall accompanied by bleeding that occurs repeatedly every month, except during pregnancy. The first day of menstruation is counted as the beginning of each menstrual cycle (day 1). Menstruation will occur in 3-7 days. The last day of menstruation is the time it ends before the start of the next menstrual cycle. On average, women experience a menstrual cycle of 28 days. Only around 15% of women experience a menstrual cycle of 28 days (Wulandari, 2017). Meanwhile, according to Reed el al (2018), menstruation is a regular cycle of shedding of the uterine lining, in response to the interaction of hormones produced by the hypothalamus, pituitary and ovaries. The menstrual cycle can be divided into two phases: (1) follicular or proliferative, and (2) luteal and secretory phases. Menstrual cycle length is the number of days between the first day of bleeding of one cycle and the start of menstruation in the next cycle. The average duration

of the menstrual cycle is 28 days with most cycle lengths between 25 and 30 days. Patients who experience a menstrual cycle of less than 21 days are called plymenorrheic, while those who experience a prolonged menstrual cycle of more than 35 days are called oligomeorheic. A person who experiences several disorders such as pain and an uncomfortable mood, this is called dysmenorrhoea. Adolescence is a transition period marked by physical, emotional and psychological conditions, where puberty is experienced at about that age. Adolescence is a transition period marked by physical, emotional and psychological changes. The teenage period, namely between the ages of 10-19 years, is a period of maturation of human reproductive organs and is often called puberty (Rohan 2017).

According to the World Health Organization (WHO), in 2017 the incidence of dysmenorrhea in the world was very large. On average, more than 50% of women in every world experience it. Based on research results in the United States, the incidence of desmeorrhea is around 60%, in Sweden 72% (WHO, 2017). The incidence of dysmenorrhea in Indonesia is 64.52%, which occurs from 54.89% primary dysmenorrhea (menstrual pain that is found without any abnormalities in the genital organs, often occurring in women who have never been pregnant) and 9.36% secondary dysmenorrhea (menstrual pain accompanied by abnormalities genetic anatomy). Dysmenorrhea is experienced by 60-75% of adolescent girls, with three quarters of these adolescents experiencing mild to severe pain and another quarter experiencing severe pain (RI Ministry of Health, 2021)

Studies in Africa in research conducted by Sidi et al, (2018) stated that the incidence of primary dysmenorrhea was 78.35%, while in India it was 84.2% Joshi et al (2015), in Georgia there was 52.07 Gagua et al (2012) female adolescents experiencing primary dysmenorrhea. Based on data from the Central Java provincial health service, in 2017 the number of young women aged 10-19 years was 2,889,120. Meanwhile, those experiencing dementia in Central Java reached 1.4 65,876 people. while in Semarang there are 2.11% -3.1% of the number who experience dysmenorrhoea. Research conducted in 2017 in Medan, North Sumatra stated that 85.9% of students experienced dysmenorrhea. According to research conducted in 2017 at SMK Negeri 8 Medan, it was stated that 84.6% of female students experienced dysmenorrhea. while in Mandailing Natal Regency around 20% of the data obtained was the incidence of dysmenorrhea (RI Ministry of Health, 2017).

METHODS

Research Techniques

The type of research is an analytical survey which describes teenagers' knowledge about menstrual disorders. The sample taken was the total population using a total sampling technique, namely 30 people. The research location was carried out at SMA Negeri I Panyabugan Selatan Class October to January 2021. Data collection was carried out using primary data from respondents through questionnaires

RESULTS AND DISCUSSION

Discussion of results

Univariate Analysis Results

This univariate analysis aims to describe each relationship between the variables studied. Namely looking at the relationship between the level of knowledge of young women about menstrual disorders. Categorical data, namely. Knowledge, age, sources of information, environment. Numerical data is searched for the mean, median and standard deviation, namely:

Table 1. Frequency Distribution of Respondents Based on Knowledge Characteristics of Respondents at SMA Negeri 1 Panyabungan Selatan, Panyabungan Selatan District, Mandailing Regency Natal 2022

No	Knowledge	Frequency	Percentage (%)
1	Good	6	20

No		Frequency	Percentage (%)
2	Enough	21	70
3	Not enough	3	10
	Amount	**30**	**100**

(Source: Primary Data, 2022)

Based on table 1, the results of statistical tests show that the majority of knowledge is sufficient knowledge, 21 people (70%), while the minority is insufficient knowledge, 3 people (10%).

Table 2. Frequency Distribution of Respondents Based on Age Characteristics of Respondents at SMA Negeri 1 Panyabungan Selatan, Panyabungan Selatan District, Mandailing Regency Natal 2022

No	AGE	Frequency	Percentage (%)
1	17	16	53.3
2	18	14	46.7
	Amount	**30**	**100**

(Source: Primary Data, 2022)

Based on table 2, the results of statistical tests show that the majority of respondents are 16 years old, 16 people (53%), while the minority are 18 years old, 14 people (46.7%).

Table 3. Frequency Distribution of Respondents Based on Characteristics of Spondent Information Sources at SMA Negeri 1 Panyabungan Selatan, Panyabungan Selatan District, Mandailing Regency Natal 2022

No	Resources	Frequency	Percentage (%)
1	Print media	11	36.7
2	Electronic Media	10	33.3
3	Health workers	9	30.0
	TOTAL	30	100

(Source: Primary Data, 2022)

Based on table 3, the results of statistical tests show that the majority of information sources are print media, 11 people (36.7%), while the minority are health workers, 9 people (30.0%).

Table 4. Frequency Distribution of Respondents Based on the Characteristics of the Sponden Environment at SMA Negeri 1 Panyabungan Selatan, Panyabungan Selatan District, Mandailing Regency Natal 2022

No	Environment	Frequency	Percentage (%)
1	Family	13	43.3
2	Friend	17	56.7
	Amount	**30**	**100**

(Source: Primary Data, 2022)

Based on table 4, the results of statistical tests show that the majority of the environment are friends, namely 17 people (53%), while the minority are friends, namely 13 people (56.7%)

Bivariate Analysis

This analysis is used to test whether there is a correlation or relationship between the level of adolescent knowledge about menstrual disorders. This research was carried out using the Cross Tabulation test with knowledge

.**Table 5.** Cross Tabulation of adolescent girls' level of knowledge aboutMenstrual disorders at SMA Negeri 1 Panyabugan Selatan, Panyabungan Selatan District, Mandailing Regency, Natal 2022

		Menstrual Disorders p-value								
		Good		Enough		Not enough		Total		0.011
		f	%	F	%	F	%	F	%	
Age	17 years	6	20.0	10	33.3	0	0.0	16	53.3	
	18 years	0	0.0	11	36.7	3	10.0	14	46.7	
	Total	6	20.0	21	70	3	`10.0	30	100	
Resources	Print media	0	0.0	11	36.7	0	0.0	11	36	
	Electronic Media	6	20.0	1	5	3	10.0	10	35	
	Health workers	0	0.0	9	30.0	0	0.0	21	30	
	Total	6	20.0	21	100	3	10	30	100	
Environment	Family	6	20.0	4	13.4	3	10.0	13	43	
	Friend	0	0.0	17	56.7	0	0.0	17	56.7	
	Total	6	20.0	21	70	3	10.0	30	100	

Based on the results of table 6, data analysis using the chi square test showed a significance of 0.011. Based on this value, because the p value < 0.05, it can be concluded that "the knowledge of young women is related to menstrual disorders during menstruation."

The research results from 30 respondents, the majority of respondents had sufficient knowledge, with 21 people (70%) knowing about menstrual disorders among teenagers. Meanwhile, the minority is 6 people (20%) with good knowledge. And the remaining knowledge was lacking for 3 people (10%). Of the 30 respondents, the majority of respondents had sufficient knowledge, with 21 people (70%) knowing about menstrual disorders among teenagers. Meanwhile, the minority is 6 people (20%) with good knowledge. And the remaining knowledge is less than 3 people (10%). From the results of the chi square test, it was found that p value = 0.0944 < α = 0.011, so Ha was accepted and Ho was rejected, which means there is a relationship between young women's knowledge about menstrual disorders. According to research assumptions, menstruation is someone who experiences puberty, usually someone experiences their first menstruation. at the age of 12 -15 years and the menstrual process is a natural thing that occurs in women who will menstruate every month.

CONCLUSION

from the results of research on 30 respondents at SMA Negeri 1 Panyabunga Selatan Class 46.7%), based on the characteristics of information sources that the majority of information sources are print media as

many as 11 people (36.7%), while the minority are health workers as many as 9 people (30.0%), based on environmental characteristics that the majority of the environment are friends namely 17 people (53%), while the minority were friends as many as 13 people (56.7%). From the results of research on 30 respondents, a p value of 0.011 with α = 0.05 was obtained, so it can be concluded that there is a significant relationship between young women's knowledge about menstrual disorders. Ho is rejected and Ha is accepted, meaning there is a relationship between the knowledge of young women about menstrual disorders at SMA Negeri 1 Panyabunngan Selatan Class XII IPS, South Panyabuga District, Mandailing Regency, Christmas Year 2022.

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