

The Relationship Between Young Women's Knowledge About Dysmenorrhea and Its Treatment

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ABSTRACT

This study aimed to explore the relationship between young women's knowledge of dysmenorrhea and its treatment. A total of 200 women aged 18-25 years from various social and demographic backgrounds were involved in the study. Data were collected through a questionnaire that included questions about their knowledge of dysmenorrhea, symptoms experienced, and their preferred treatment strategies. The results of the analysis showed variations in the level of knowledge about dysmenorrhea and its treatment among the respondents. Findings also revealed that better knowledge about dysmenorrhea was significantly correlated with more effective treatment options. The implications of these findings in improving the understanding and management of dysmenorrhea in young female populations are discussed.

Keywords:

Knowledge, Adolescents,
Management of Dysmenorrhea

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INTRODUCTION

Every human being must experience adolescence or adolescence in their lifetime. Adolescence is a period in human development, when children change from sexual beings to sexual beings. There are several menstrual disorders during, before and after menstruation, including dysmenorrhea, aminorrhea, and hypermenorrhea. Most women do not feel symptoms during one of their periods, but a small percentage feel heaviness in the pelvis or feel pain (Wiknojastro 2019). The World Health Organization (WHO, 2012 in Nora, 2018) found an incidence of 1,769,425 people (90%) Adolescents experience dysmenorrhea with 10-15% experiencing severe dysmenorrhea. The average incidence of dysmenorrhea in young women is between 16.8-81%, on average in European countries dysmenorrhea occurs in 45-97% of women, with the lowest prevalence in Bulgaria (8.8%) and the highest reaching 94% in Finland. The highest prevalence of dysmenorrhea is often found in female adolescents, which is estimated to be between 20-90%. Around 15% of teenagers are reported to experience severe dysmenorrhea (Sulistyorin, 2019). In the United States, it is estimated that almost 90% of women experience dysmenorrhea, and 10-15% of them experience severe dysmenorrhea, which makes them unable to carry out any activities. Research in Sweden found that 30% of women decreased their income due to pain during menstruation (Journal of Occupation and Investment Medicine 2018). A study conducted by Wilson et al in the United States found that 91% of high school teenagers (aged 14-18) experienced dysmenorrhea, 55% of them affect their academics, even 26% experience missing classes (Paula, 2007 in Sarni, 2019).,

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. Preliminary studies in developing countries found that 25-50% of adult women and around 75% of adolescents experience painful sensations during menstruation, with 5-20% reporting that the pain is severe or prevents them from participating in daily activities (Sarinengsih, 2019)

In Indonesia, the incidence of dysmenorrhea consists of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. Symptoms of primary dysmenorrhea usually occur in women of childbearing age 3-5 years after experiencing their first menstruation and women who have never been pregnant. There are no exact figures regarding menstrual pain sufferers in Indonesia, but in Surabaya it is found that 1.07% to 1.31% of the number of sufferers come to the obstetrics department. Figures According to the Bali Provincial Health Service in 2014 in the journal Lestari (2019), the incidence of dysmenorrhea in Bali was 48.05%. According to the North Sumatra provincial Health Service in the journal Nurul Moliza (2020), the results showed that 3 out of 5 female teenage students experienced menstrual pain (dysmenorrhea). The research was conducted on female students at SMP Negeri 10 Medan. Based on interviews conducted by researchers with several female students who had experienced dysmenorrhea, these female students did not understand about dysmenorrhea and how to treat dysmenorrhea. So the female student often asks permission to go home or rest in the school health unit because she experiences dysmenorrhea and cannot participate in learning activities. The initial survey was carried out by researchers on September 30 2023, which was carried out by asking for data about teenagers who had experienced menstruation and data on those who had experienced dysmenorrhea at SMP Negeri 5 Panyabungan. It was found that menstrual pain in teenagers from January to September, 10 female students at SMP Negeri 5 Panyabungan had experienced dysmenorrhea, and did not understand how to treat it, which caused them not to attend the learning process as usual. A ANC. Therefore, the aim of this research is the relationship between young women's knowledge about dysmenorrhea and its treatment

METHODS

Research Techniques

The type of research used is analytical survey research. The research location is at SMP Negeri 5 Panyabungan, Mandailing Natal Regency, 2023. This research was conducted from September to February 2023. The population in this research was 33 female students. The sampling technique uses total sampling where the entire population is sampled. The data collection technique uses a questionnaire.

RESULTS AND DISCUSSION

Discussion of results

Univariate Analysis Results

The characteristics of the respondents in this study were viewed from the age of menarche, duration of menstruation and also the source of information for young women at SMP Negeri 5 Panyabungan, Mandailing Natal Regency in 2023. The results of the research on the characteristics of respondents can be presented in the following table.

Table 1. Frequency Distribution Respondents Based on Age Characteristics Menarche Respondents at SMP Negeri 5 Panyabungan in Mandailing Regency Natal 2023

No	Age of Menarche	Frequency	Percentage %
1	<12 years	14	42.4
2	>12 years	19	57.6
	Total	33	100

Based on table 1. from the results of statistical tests data were obtained that the majority of respondents aged >12 years were 19 people (57.6%), while the minority were <12 years old, 14 people (42.4%).

Table 2. Frequency Distribution of Respondents Based on Characteristics of Respondents' Menstrual Length at SMP Negeri 5 Panyabungan, Panyabungan District, Mandailing Natal Regency, 2023

No	Length of menstruation	Frequency	Percentage %
1	< 7 Days	18	54.5
2	>7 days	15	45.5
	Total	33	100

Based on table 4.5, the results of statistical tests show that the majority of respondents' menstrual period is >7 days, 18 people (54.5%), while the minority is <7 days, 15 people (45.5%).

Table 3. Frequency Distribution of Respondents Based on Characteristics of Respondents' Information Sources at SMP Negeri 5 Panyabungan, Panyabungan District, Mandailing Regency, Natal Year 2023

No	Resources	Frequency	Percentage %
1	Health workers	5	15.2
2	Family	12	36.4
3	Mass media	16	48.5
	Total	33	100

Based on table 3. from the results of statistical tests, the data shows that the minority of information sources are 5 people (15.2%) who source information from Health Workers, while the majority are 16 people (48.5%) who source information from electronic media and family/ friends as many as 12 people (36.4%).

Bivariate Analysis

Bivariate analysis was used to determine whether there was a relationship between teenagers' knowledge about desminore and their handlers at SMP Negeri 5 Panyabungan, Panyabungan District, Mandailing

Natal Regency in 2023 using the chi square statistical test.

Table 4. Frequency distribution of respondents based on age of menarche

No	Age	Frequency	%
1	<12 Years	14	42.4 %
2	>12 Years	19	57.6 %
Total		33	100%

Based on table 4. above, it can be seen that the minority respondents were <12 years old as many as 14 people (42.4%) while the majority were >12 years old as many as 19 people (57.6).

Table 5. Frequency distribution of respondents based on duration of menstruation

No	Long Menstruation	frequency	%
1	<7 days	18	54.5 %
2	>7 Days	15	45.5, %
Total		33	100%

Based on table 5. above, it can be seen that the majority of respondents whose menstruation lasts <7 days are 18 people (54.5%) while the minority who experience menstruation for >7 days is 15 people (45.6).

Table 6. Frequency distribution of respondents based on information source

No	Resources	frequency	%
1	Health workers	5	15, %
2	Family	12	36, %
3	Mass media	16	48 %
Total		33	100%

Based on table 6. above, it can be seen that the minority of respondents who are health workers are 5 people (15%) while from families there are 12 (36%) people and the majority comes from the mass media, 16 people (48%)

Table 7. frequency distribution of respondents based on knowledge

No	knowledge	Frequency	%
1	Good	7	20%
2	Enough	12	34%
3	Not enough	14	40%
Total		33	100%

Based on table 7. above, it can be seen that the minority respondents had good knowledge as many as 7 people (20%), had sufficient knowledge as many as 12 people (34%) and the majority had less knowledge than

Based on the research results, it was found that young women's knowledge about dysmenorrhea and its treatment at SMP Negeri 5 Panyabungan showed that of the 33 respondents, the highest result was

sufficient knowledge with 12 people (36.4%). Meanwhile, the minority is well knowledgeable as many as 7 people (15.6%). Dysmenorrhea usually occurs in women aged 16 years to 24 years, where the most severe episodes of dysmenorrhea usually occur before the age of 25 years. As many as 61% occurred in unmarried women, while 51% occurred in married women and this dysmenorrhea was not directly related to work or the woman's physical condition. Of the 33 respondents, the highest result was lack of knowledge with 14 people (42.4%). Meanwhile, 7 people (21.2%) have good knowledge. From the results of the Chi-Square test, it was found that p value = 0.928 $<$ 0.05 so that H_0 was rejected and H_a was accepted, meaning there was a relationship between young women's knowledge about dysmenorrhea and their handlers.

CONCLUSION

Based on the results and analysis of research on the relationship between adolescent knowledge about desminore and its treatment at SMP Negeri 5 Payabungan, Payabungan District, Mandailing Natal Regency in 2023, the following conclusions can be drawn. Knowledge of adolescent girls about Desminore and its treatment at SMP Negeri 5 Panyabungan, Payabungan District, Mandailing Natal Regency in 2023. Based on the characteristics of adolescent knowledge, the majority of adolescents with sufficient knowledge are 12 people (36.4%) while the minority are adolescents with good knowledge as many as 7 people (21.2%). Based on the characteristics of age at menarche, the majority of teenagers aged <12 years were 19 people (42.2%) while the minority were teenagers aged >12 years, namely 14 people each (42.4%). Based on the characteristics of the adolescent environment, the majority in the mass media are 16 people (65.6%) while the minority are in the ka environment, namely 11 people (34.4%). Based on the characteristics of information sources for teenagers, the majority of information comes from health workers as many as 5 people (15.2%) Meanwhile, the minority came from family information, namely 12 people each (27.6%). From the results of research on 33 respondents, the p -value for age was 0.572 with $\alpha = 0.05$ and the environmental p -value was 0.597 $\alpha = 0.05$, while the p -value for information sources was 0.000 $\alpha = 0.05$, so it can be concluded that there is a significant relationship between knowledge teenagers with the impact of free sexual behavior. H_0 is rejected and H_a is accepted, meaning there is a relationship between teenagers' knowledge of dysmenorrhea and their handlers

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