

Gangguan haid pada siswi sekolah pertama perwira prajurit karir TNI di Bandung selama pelatihan = Factors correlate with menstrual dysfunction on students of first school of indonesia military woman on Bandung

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Abstrak

Latar belakang : Tentara Perempuan harus mengikuti Sekolah Pertama Perwira dimana dia akan dilatih fisik dan mentalnya sesuai aturan - aturan militer. Perubahan kehidupan dari orang biasa menjadi tentara membuat stres psikososial yang akan mengganggu poros hipotalamus hipofisis sehingga mempengaruhi pola haidnya. Penelitian ini bertujuan untuk mengetahui prevalensi gangguan haid dan faktor - faktor yang mempengaruhi gangguan haid.

Metode: Studi cross - sectional ini dilakukan Januari 2009 - Maret 2010 di Pusdikowad, Lembang, Bandung. Jumlah sampel 45 siswi (total sampel). Data diperoleh dengan wawancara, pemeriksaan fisik, dan pengisian kuesioner SCL - 90.

Hasil: Prevalensi gangguan haid menurun pada tiga bulan kedua pendidikan, 93,3 % menjadi 62,2 %/Perubahan pola haid yang terbanyak adalah 88,9 % mengalami amenorea sekunder pada tiga bulan pertama pendidikan. Tanpa pemeriksaan gangguan organik yang adekuat, faktor risiko latar belakang pendidikan, IMT, penurunan > 10 % BB, pengeluaran kalori, gangguan haid sebelum pendidikan, dan gejala gangguan mental emosional tidak terbukti berhubungan dengan gangguan haid.

Kesimpulan Dan Saran : Gangguan haid banyak dialami para siswi tentara Penyelenggara pendidikan disarankan melakukan perubahan pola pengasuhan dan pendidikan serta pemeriksaan fisik dan psikis rutin untuk deteksi dini gangguan haid selama pendidikan. Para siswi diharapkan mampu beradaptasi dengan baik terhadap sistem pendidikan yang dijalani.

<hr>Background: Military women must have basic education to build their military character. This suddenly lifestyle changeover will make stress which cause menstrual dysfunction due to disturbance on the hypothalamic -pituitary axis. The goal of this research are to find out the objective menstrual dysfunction prevalence and to find out the correlation between physical exercise and other factors with menstrual dysfunction.

Method: This cross-sectional research was done in January 2009 - March 2010 in Center of Military Woman School, Lembang, Bandung. The sample consists of 45 subjects (total sample}. The collecting of data is done by interviewing, physical examination, and filling of SCL - 90 questionnaires.

Result: The prevalence of menstrual dysfunction decreased on second three months education from 93,3 % to 62,2 %, which the largest menstrual pattern changing was secondary amenorrhea (88,9 %) on first three months education. Without adequate organic dysfunction examination, risk factors including educational background, Body Mass Index, decreasing 10 % of weight, energy expenditure, menstrual dysfunction before military education, and symptom of emotional disturbance showed no relation with menstrual dysfunction.

Conclusions and Suggestions: Most of the military women who following their first education experienced menstrual dysfunction which most of it was secondary amenorrhea. The education stakeholder is

recommended to change their education style and to commit checking of physical and psychological condition regularly to early detection of menstrual pattern changing. The students are expected to be more adaptable with this education system.