

## Epidemiology of dysmenorrhea among female adolescents in Central Jakarta

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### Abstrak

Epidemiologi Dismenorea pada Remaja Putri di Jakarta Pusat. Dismenorea merupakan kondisi yang wajar dialami setiap remaja putri yang mengalami menstruasi, namun banyak laporan yang mengklaim bahwa kondisi ini memberikan dampak negatif bagi remaja. Oleh karena itu, penting adanya bahwa berbagai informasi mengenai dismenorea diketahui agar kita dapat membantu meningkatkan kualitas hidup para remaja putri. Walau demikian, data mengenai dismenorea pada remaja yang tinggal di Jakarta Pusat masih jarang ditemukan. Penelitian ini bertujuan untuk mendapatkan gambaran mengenai prevalensi, faktor-faktor yang berhubungan dengan dismenorea, dampak, serta penanganan yang dilakukan untuk mengatasi dismenorea. Penelitian ini bersifat deskriptif dan datanya dikumpulkan melalui kuesioner. Sebanyak 240 remaja dipilih sebagai responden dengan menggunakan teknik sampling aksidental. Data diolah menggunakan statistik deskriptif dan uji chi-square dilakukan untuk menentukan signifikansi. Sebanyak 87,5% responden mengalami dismenorea (nyeri ringan sebanyak 20,48%, nyeri sedang 64,76%, dan nyeri berat 14,76%), dan sebanyak 43,75% responden menyatakan bahwa dismenorea membatasi aktifitas sehari-hari mereka. Kebanyakan partisipan menangani dismenorea sendiri dan sebanyak 5,6% partisipan pernah berkonsultasi ke dokter terkait nyeri yang dialami. Ibu dan teman dipandang sebagai sumber informasi maupun bantuan yang dapat membantu mengatasi dismenorea. Faktor yang memiliki dampak signifikan terhadap dismenorea dalam penelitian ini adalah usia, jumlah darah menstruasi, dan munculnya gejala pra-menstruasi. Dysmenorrhea is a naturally occurring condition experienced by female teenagers during menstruation, but numerous reports claimed its tendency to incur a negative impact on them. As a result, it is imperative that we are well informed of the condition in the effort to improve female teenagers' quality of life. However, data on dysmenorrhea for the area of Central Jakarta is difficult to find. The aim of this research is to illustrate the prevalence, associated factors, impact and treatment for dysmenorrhea. Data for this descriptive research was gathered through questionnaires from 240 teenagers selected by accidental sampling. Data was processed by descriptive statistics and chi-square test to examine its significance. 87.5% of the respondents reported an experience of dysmenorrhea (20.48% mild pain, 64.76% moderate pain, 14.76% severe pain). 43.75% of the respondents reported that the condition has constrained them from conducting their daily activities. Most of the participants reported self-medication for the dysmenorrhea, and 5.6% of them have consulted with a physician for pain. Mothers and friends are considered as sources of information and assistance to treat dysmenorrhea. Significant factors behind this research that are associated with dysmenorrhea are age, volume of menstrual blood and occurrence of premenstrual syndrome.

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