

**FAKULTAS ILMU KESEHATAN
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**NADIA ZAHARA
C.1814201001**

**GAMBARAN PENANGANAN DISMENORE PADA SISWI DI MTS
SINDANGRAJA KABUPATEN TASIKMALAYA**

ABSTRAK

xiv bagian awal + 32 halaman + VII bab + 4 tabel + 1 Gambar + 5 Lampiran

Dismenore menyebabkan rasa ketidaknyamanan terutama pada bagian perut, yang merembet hingga bagian punggung sampai tungkai. Dismenore terjadi setelah dua sampai tiga tahun mengalami menstruasi. Penanganan dismenore terbagi menjadi 2 yaitu terapi obat (farmakologi) dan terapi non obat (non farmakologi). Tujuan penelitian ini untuk mengetahui penanganan dismenore pada siswi MTS Sindangraja Kabupaten Tasikmalaya. Metode dalam penelitian ini adalah metode deskriptif. Populasi seluruh remaja putri di MTS Sindangraja Kabupaten Tasikmalaya, jumlah sampel sebanyak 75 orang dengan tehnik proporsional random sampling. Hasil penelitian menunjukkan bahwa penanganan dismenore sebagian besar menerapkan terapi non farmakologi sebanyak 67 siswi (89,3%) sedangkan terapi farmakologi sebanyak 8 siswi (10,7%). Terapi non farmakologi yang diterapkan antara lain kompres hangat, nafas dalam, pijat, minyak esensial dan minum kunyit asam. Disarankan bagi remaja lebih meningkatkan pemahaman tentang terapi non farmakologi tidak hanya macam-macam non farmakologi tetapi juga langkah dan cara dalam melakukan tindakan tersebut sehingga lebih efektif dalam menurunkan nyeri dismenore.

Kata Kunci : Dismenore, Farmakologi, Non farmakologi
Daftar Pustaka : 41 (2011-2018)

FACULTY OF HEALTH SCIENCES
BACHELOR NURSING OF STUDY PROGRAM
UNIVERSITY OF MUHAMMADIYAH TASIKMALAYA
Thesis, June 2022

NADIA ZAHARA
C.1814201001

**DESCRIPTION OF DYMNORORE HANDLING TO STUDENTS AT
MTS SINDANGRAJA TASIKMALAYA DISTRICT**

ABSTRACT

xiv preamble + 32 pages + VII chapters + 4 tables + 1 Figure + 5 Appendices

Dysmenorrhea causes discomfort, especially in the abdomen, which spreads to the back of the legs. Dysmenorrhea occurs after two to three years of menstruating. Handling dysmenorrhea is divided into 2, namely drug therapy (pharmacology) and non-drug therapy (non-pharmacological). The purpose of this study was to determine the handling of dysmenorrhea in students of MTS Sindangraja, Tasikmalaya Regency. The method in this research is a descriptive method. The population of this study was the population in this study were young women at MTS Sindangraja, Tasikmalaya Regency with as many as 297 female students with a total sample of 75 people. The results showed. Handling of dysmenorrhea in students of MTS Sindangraja, Tasikmalaya Regency mostly applied non-pharmacological therapy to as many as 67 students (89.3%). The non-pharmacological therapies that are carried out are warm compresses, deep breaths, massage, essential oils and drinking sour turmeric. Handling dysmenorrhea in students of MTS Sindangraja, Tasikmalaya Regency with pharmacological therapy as many as 8 students (10.7%) by drinking over the counter medicine. It is recommended that students improve their understanding of non-pharmacological therapy so that they get many alternatives in dealing with dysmenorrhea

Keywords: dysmenorrhea, pharmacology, non pharmacology

Bibliography : 41 (2011-2018)