

**FAKULTAS ILMU KESEHATAN
PROGRAM STUDI S1 KEPERAWATAN
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA**

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**PENGETAHUAN TENTANG DISMENORE DI SMKN
PUSPAHIANG KABUPATEN TASIKMALAYA**

ABSTRAK

xi + 37 halaman + 3 tabel + 10 lampiran

Dismenore atau nyeri haid merupakan masalah umum yang terjadi pada hampir seluruh wanita usia reproduksi di dunia begitu pula di Indonesia mencapai 60-70% dan terbanyak pada usia remaja 17-24 tahun. Dismenore bila tidak ditangani terutama pada remaja akan menyebabkan konsentrasi belajar terganggu, dan bahkan sampai bolos sekolah. Tujuan penelitian ini untuk mengetahui gambaran pengetahuan siswi tentang dismenore di SMKN Puspahiang Kabupaten Tasikmalaya. Jenis penelitian kuantitatif dengan menggunakan metode deskriptif. Teknik pengambilan sampel penelitian ini dengan menggunakan teknik total sampling sebanyak 109 orang. Data di analisis dengan distribusi frekuensi. Hasil penelitian karakteristik usia remaja mayoritas berumur 16-17 tahun sebanyak 82 orang, 41 orang (37.6 %) berusia 16 tahun dan 41 orang (37.6 %) berusia 17 tahun dan pengetahuan remaja yang termasuk kurang sebanyak 90 orang (82.6%), cukup sebanyak 15 orang (13.8%) dan baik sebanyak 4 orang (3.7%). Kesimpulan bahwa siswi di SMKN Puspahiang mayoritas pengetahuan tentang dismenore kurang. Disarankan bagi remaja menambah wawasan tentang dismenore dengan mengikuti penyuluhan, seminar atau membaca buku-buku atau literatur yang berkaitan dengan dismenore atau berperan aktif dengan menggali informasi melalui tenaga Kesehatan.

Kata Kunci : Dismenor, Pengetahuan, remaja
Daftar Pustaka : 23 (2013-2022).

MUHAMMADIYAH UNIVERSITY TASIKMALAYA

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ABSTRACT

xi + 37 pages + 3 tables + 10 appendices

Dysmenorrhea or menstrual pain is a common problem that occurs in almost all women of reproductive age in the world as well as in Indonesia reach 60-70% and most are in their teens aged 17-24 years. If dysmenorrhea is not handled, especially in adolescents, it will cause disturbed concentration in learning, and even skipping school. The purpose of this study was to describe the knowledge of female students about dysmenorrhea at SMKN Puspahiang, Tasikmalaya Regency. This type of quantitative research using descriptive methods. The sample of this research was 109 people using total sampling technique. Data is analyzed with frequency distribution. The results of the research on the characteristics of adolescents aged 16-17 years were 82 people, 41 people (37.6%) aged 16 years and 41 people (37.6%) aged 17 years and the knowledge of teenagers who were lacking was 90 people (82.6%), only 15 people (13.8%) and good as many as 4 people (3.7%). The conclusion is that the majority of female students at Puspahiang Vocational School lack knowledge about dysmenorrhea. It is recommended for adolescents to add insight about dysmenorrhea by participating in counseling, seminars or reading books or literature related to dysmenorrhea or playing an active role by gathering information from health workers.

Keywords: Characteristics, Knowledge, Dismenor

Bibliography 23 (2013-2022).