

**DESCRIPTION INTENSITY AND TREATMENT OF MENSTRUAL PAIN
COMPLAINTS ON FEMALE STUDENT GRADE XI TATABOGA
DEPARTMENT AT SMK N 6 YOGYAKARTA IN 2020**

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ABSTRACT

Background: *In Indonesia alone, the incidence of dysmenorrhea was 64.25% of the number of women in Indonesia, with a variation of 54.89% experiencing primary dysmenorrhea and 9.36% experiencing secondary dysmenorrhea. In Yogyakarta, there is a 81% dysmenorrhea prevalence in adolescents with an age range of 12-13 years. Pharmacological and non-pharmacological treatment efforts can be performed in adolescents who have painful menstruation in order to reduce the pain felt.*

Objectives: *The purpose of this study is to know intensity and treatment of menstrual pain complaints on female student grade XI Tataboga Department at SMKN 6 Yogyakarta in 2020.*

Method: *The research is a descriptive study with the design of cross sectional research design using a questionnaire about the intensity and treatment of menstrual pain complaints with 48 respondents female student in class XI Tataboga Department at SMK N 6 Yogyakarta.*

Results: *The results showed is 24 or 50% female students with mild pain, 17 or 35,4% moderate pain and 7 or 14,6% severe pain. A non-pharmacological treatment are used most of the female students is distraction technique 79,2% or 38 female students, pharmacological treatment with using anti pain drug is 9 or 18,9% female students.*

Conclusion: *The most students in class XI Tataboga Department at SMK N 6 Yogyakarta experience a degree of mild dysmenore. The most accomplished handling effort is non-pharmacological treatment with distraction technique.*

Keywords : *dysmenhorrea, treatment of menstrual pain complaints, female student.*

GAMBARAN INTENSITAS DAN PENANGANAN KELUHAN NYERI HAIK PADA REMAJA DI KELAS XI JURUSAN TATABOGA SMK N 6 YOGYAKARTA TAHUN 2020

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INTISARI

Latar Belakang: Angka kejadian dismenore di Indonesia 64,25% dari jumlah kaum perempuan di Indonesia, dengan variasi 54,89% mengalami dismenore primer dan 9,36% dismenore sekunder. Prevalensi dismenore di Yogyakarta 81% pada remaja dengan rentang usia 12-13 tahun. Upaya penanganan secara farmakologi dan non farmakologi dapat dilakukan pada remaja yang mengalami nyeri untuk mengurangi rasa nyeri yang dirasakan.

Tujuan: Mengetahui gambaran intensitas dan penanganan keluhan nyeri haid pada remaja putri kelas XI jurusan tataboga di SMK N 6 Yogyakarta.

Metode: Metode yang digunakan adalah Penelitian deskriptif dengan desain penelitian *cross sectional* menggunakan kuesioner tentang intensitas dan penanganan nyeri haid dengan jumlah responden 48 siswi kelas XI jurusan tataboga di SMK N 6 Yogyakarta.

Hasil: Siswi yang mengalami nyeri haid ringan sebanyak 24 (50%) siswi, 17 (35,4%) mengalami nyeri sedang dan 7 (14,6%) mengalami nyeri berat. Upaya penanganan non farmakologi sebagian besar adalah melakukan teknik distraksi sebanyak 38 (79,2%) siswi, upaya penanganan farmakologi dengan meminum obat anti nyeri sebanyak 9(18,9%) siswi.

Kesimpulan: Sebagian besar siswi kelas XI jurusan Tataboga SMK N 6 Yogyakarta mengalami derajat dismenore ringan. Upaya penanganan yang paling banyak dilakukan adalah penanganan non farmakologi dengan teknik distraksi.

Kata Kunci :nyeri haid, upaya penanganan nyeri haid, remaja putri.