

**AN OVERVIEW OF CHARACTERISTICS, MENSTRUAL HYGIENE
BEHAVIOR, AND EMOTIONAL STATUS AMONG GRADE XI FEMALE
STUDENTS EXPERIENCING DYSMENORRHEA AT SMA NEGERI 2
BANTUL IN 2026**

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ABSTRACT

Background: Dysmenorrhea is a menstrual disorder frequently experienced by adolescent girls and can disrupt daily activities, including school. In addition to causing physical pain, dysmenorrhea can also impact adolescents' psychological well-being. This condition can be influenced by various factors, including menstrual hygiene practices and emotional state. Therefore, research is needed to determine the characteristics, menstrual hygiene practices, pain levels, and emotional state of adolescent girls experiencing dysmenorrhea.

Objective: To determine the characteristics, menstrual hygiene behavior, pain level, and emotional status of female adolescents in grade XI who experienced dysmenorrhea at SMA Negeri 2 Bantul in 2026.

Methods: This study used a descriptive quantitative design with a cross-sectional approach. The sample consisted of 67 adolescent girls experiencing dysmenorrhea and was selected using a total sampling technique. Data were collected using a respondent characteristics questionnaire, a menstrual hygiene questionnaire, the Numeric Rating Scale (NRS), and the Depression Anxiety Stress Scale (DASS-42). Data were analyzed univariately and presented as frequency distributions and percentages.

Results: The results showed that the majority of respondents had a normal BMI (52.2%), menarche age of 13–14 years (83.6%), regular menstrual cycles (79.1%), and menstrual duration of 3–7 days. The highest level of dysmenorrhea pain was in the mild category (44.8%). Most respondents had good menstrual hygiene practices (65.7%). Respondents' emotional status was predominantly in the normal category for aspects of stress (55.2%), anxiety (37.3%), and depression (59.7%). However, there were still 49.2% of respondents with moderate to very severe levels of anxiety, indicating the need for attention to adolescent mental health.

Conclusion: The majority of eleventh-grade female adolescents who experienced dysmenorrhea had mild pain levels, good menstrual hygiene behavior, and emotional status in the normal category.

Keywords: dysmenorrhea, menstrual hygiene, emotional status, female adolescents.

GAMBARAN KARAKTERISTIK, PERILAKU MENSTRUAL HYGIENE, DAN STATUS EMOSIONAL PADA REMAJA PUTRI KELAS XI YANG MENGALAMI DISMENORE DI SMA NEGERI 2 BANTUL TAHUN 2026

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ABSTRAK

Latar belakang: Dismenore merupakan gangguan menstruasi yang sering dialami oleh remaja putri dan dapat mengganggu aktivitas sehari-hari, termasuk proses belajar di sekolah. Selain menimbulkan keluhan fisik berupa nyeri, dismenore juga dapat memengaruhi kondisi psikologis remaja. Kondisi tersebut dapat dipengaruhi oleh berbagai faktor, di antaranya perilaku *menstrual hygiene* dan status emosional. Oleh karena itu, diperlukan penelitian untuk mengetahui gambaran perilaku *menstrual hygiene*, tingkat nyeri, dan status emosional pada remaja putri yang mengalami dismenore.

Tujuan: Mengetahui gambaran perilaku *menstrual hygiene*, tingkat nyeri, dan status emosional pada remaja putri kelas XI yang mengalami dismenore di SMA Negeri 2 Bantul Tahun 2026.

Metode: Penelitian ini menggunakan desain kuantitatif deskriptif dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 67 remaja putri yang mengalami dismenore dan dipilih menggunakan teknik total sampling. Data dikumpulkan menggunakan kuesioner karakteristik responden, kuesioner *menstrual hygiene*, *Numeric Rating Scale (NRS)*, dan *Depression Anxiety Stress Scale (DASS-42)*. Analisis data dilakukan secara univariat dan disajikan dalam bentuk distribusi frekuensi dan persentase.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa mayoritas responden memiliki IMT normal (52,2%), usia menarche 13–14 tahun (83,6%), siklus menstruasi teratur (79,1%), dan lama menstruasi 3–7 hari. Tingkat nyeri dismenore terbanyak berada pada kategori ringan (44,8%). Sebagian besar responden memiliki perilaku *menstrual hygiene* yang baik (65,7%). Status emosional responden didominasi oleh kategori normal pada aspek stres (55,2%), kecemasan (37,3%), dan depresi (59,7%). Namun, masih terdapat responden dengan tingkat kecemasan sedang hingga sangat berat sebesar 49,2%, yang menunjukkan perlunya perhatian terhadap kesehatan mental remaja.

Kesimpulan: Mayoritas remaja putri kelas XI yang mengalami dismenore memiliki tingkat nyeri ringan, perilaku *menstrual hygiene* yang baik, serta status emosional dalam kategori normal.

Kata kunci: dismenore, *menstrual hygiene*, status emosional, remaja putri.