

# Knowledge of Young Women About Dysmenorrhea in Madrasah Aliyah Ulumul Qur'an Stabat

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**ARTICLE INFO****Keywords:**

Knowledge,  
Youth,  
Dysmenorrhea.

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**ABSTRACT**

Dysmenorrhea is pain in the pelvic area due to menstruation and the production of prostaglandin substances, often starting immediately after experiencing the first menstruation (menarche). The pain decreases after menstruation, but in some women the pain can continue during the menstrual period. This type of research is descriptive with a research design, which aims to determine the knowledge of young women about dysmenorrhea at Madrasah Aliyah Ulumul Qur'an Stabat. The results of a preliminary survey conducted at Madrasah Aliyah Ulumul Qur'an Stabat for 3 days obtained data that of 112 teenage girls who had menstruated, 62 of them suffered from dysmenorrhea.

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## 1. Introduction

Knowledge is the result of knowing, and this occurs after people sense a certain object, sensing occurs through the five human senses (Yahya, 2015), namely the senses of sight, hearing, smell, taste and touch, most of human knowledge is obtained through the eyes and ear, knowledge or cognitive is a very important domain in shaping one's actions ( Overt behavior) (Notoadmodjo, 2015).

Many girls feel pain during menstruation, this complaint is called dysmenorrhea and usually only appears 2 or 3 years after the menarche. Generally only occurs in the menstrual cycle accompanied by the release of the egg. Sometimes also in menstrual cycles that are not accompanied by egg release (called anovulatory cycles) (Janes, 2015). Especially if menstrual blood clots in the uterus, so the pain becomes when the clots are pushed out of the uterus, this cramp-like pain is felt in the lower abdomen, usually starting 24 hours before menstruation comes and lasts until the first 12 hours and menstruation after that all the bad feelings were gone (Aulia, 2019).

Dysmenorrhea is pain in the pelvic area due to menstruation and the production of prostaglandin substances, often starting immediately after experiencing the first menstruation (menarche) the pain decreases after menstruation, but in some women the pain can continue during the menstrual period (Misarah, 2016).

Dysmenorrhea or menstrual pain is the most common symptom women easily go to the doctor for consultation and treatment. (Wiknjosastro, 2017). Causes of Dysmenorrhea Almost all women must have felt menstrual pain (dysmenorrhea) with various levels, starting from just aches in the pelvis and inner side to excruciating pain, generally pain that is usually felt in the lower abdomen occurs on the first and second day. menstruation, naturally (Hidayah, 2019). The causes of menstrual pain vary from an increase in the hormone prostaglandin to hormonal changes when menstruation begins, and even excessive anxiety when viewed from the factors causing menstrual pain can be divided into two categories, namely primary and secondary (Maulana, 2019), factors causing primary menstrual pain are not It is known with certainty, but for secondary menstrual pain, it is mostly caused by abnormalities in the pelvic organs, such as endometriosis, infection, uterine abnormalities, and the use of intrauterine devices (Misarah, 2016).

Primary dysmenorrhea occurs if there is no cause if an underlying cause is not found, and secondary dysmenorrhea occurs if the cause is a uterine abnormality. Secondary dysmenorrhea is less common and occurs in 25% of women, the cause of dysmenorrhea secondary are endometriosis, fibroids, adenomyosis, inflammation of the fallopian tubes, abnormal adhesions between the organs in the abdomen and the use of an IUD (Costance, 2018).

Usually, primary dysmenorrhea occurs in adolescence, which is around 2-3 years after the first menstruation, secondary dysmenorrhea often begins to occur at the age of 20 . social stress (Maulana, 2019).

The incidence of menstrual pain in the world is very large, on average, more than 50% of women in every country experience menstrual pain. In America the percentage is around 60% and in Sweden it is around 72% while in Indonesia it is estimated that 55% of women of reproductive age are tormented by pain during menstruation, the incidence of menstrual pain is around 45-95%, among women of reproductive age. The incidence of primary type dysmenorrhea in Indonesia is 54-89%, patients with secondary type. In the United States it is estimated that almost 90% of women who experience dysmenorrhea 10-15% of them experience severe dysmenorrhea (Misarah, 2016).

There are around 30-50% of women of childbearing age suffering from dysmenorrhea which can be helped by the pain (Setiadi, 2015). Because almost all women experience a feeling of discomfort in the lower abdomen before and during menstruation, and often feel nauseous, the term dysmenorrhea is only used if menstrual pain is so severe that it forces the sufferer to rest and leave work or daily life for several hours. or several days (Wiknjosastro, 2017).

Behavior is a complex matter because it is influenced by several factors of heredity and environmental factors. According to Arikunto (2016) behavior is a human action that can be observed, observed and carried out at a certain time. Attitude is caused by the existence of a stimulus, namely a physical object that affects a person in many ways (Notoadmodjo, 2015). In the family, parents act as a leader who is obliged to educate their children. Parents humanely give life, are responsible and obliged to strive for the development of healthy children both physically and spiritually. In order for the relationship between family members to be fostered and maintained properly, the role of parents is largely determined by the ways and attitudes in nurturing and guiding children, including in the ways of leadership towards children (Diana, 2018).

Parenting style is a way or attitude that is carried out by parents towards their children as a manifestation of responsibility in the formation of child maturity (Rauf, 2018). To truly become an adult and not only physically mature but also a teenager should start gradually must have gained freedom from parents, be able to adapt to the environment, build relationships with peers in the process of meeting this challenge adolescents must also survive develop a philosophy of life and an understanding of self-identity (Fatimah, 2016).

In peer groups will lead to reciprocal relationships between members. All good and bad behavior will be easily imitated by group members, usually the attitude of the majority will be easily imitated and become the identity of the group (Graw, 2019). Peer groups usually have distinctive language expressions, habits, and norms of their own values. All of these become a way of life that is used as a reference for the behavior of its members (Hadi, 2015). In this peer group it is easier to exchange information, especially in the behavior of one teenager with another teenager. This information influences members in the peer group on their behavior (Manuaba, 2019).

## **2. Method**

This type of research is descriptive with a research design, which aims to determine the knowledge of young women about dysmenorrhea at Madrasah Aliyah Ulumul Qur'an Stabat. Then the sample in this study was taken from a total population of 90 population at Madrasah Aliyah Ulumul Qur'an stabat, totaling 90 people who were taken 20% of the total population. The sample of this researcher is 34 people, the sample is used randomly or randomly.

The instrument used in this study was a questionnaire, namely as a data measuring tool, the types of questionnaires used were questionnaires containing questions about adolescent knowledge with a range of answers from positive to negative. The questionnaire in the first part of the research instrument contained demographic data which included the names of respondents, age, lifestyle, sources of information then followed by 20 questions about adolescent knowledge about dysmenorrhea.

The validity and reliability of this instrument were not measured, but the researcher assumed that the validity and reliability were good so that they could be used to obtain this research data. The method of data collection used in this study included copying the instrument, visiting research locations to collect respondents, providing explanations about the aims and objectives of the researchers, asking about willingness to become respondents and ensuring confidentiality guarantees for answers, providing informed consent , explaining the technicalities of filling out the

questionnaire, namely by giving a cross (x) for the answers to each question, distributing questionnaires to respondents, supervising respondents in filling out questionnaires, collecting questionnaires that have been filled in by respondents, then checking the completeness of the answers filled in by respondents, whether there are still questions that have not been answered.

### 3. Results and Discussion

After conducting research on respondents regarding "Knowledge of Young Women About Dysmenorrhea at Madrasah Aliyah Ulumul Qur'an Stabat ", the data obtained is described in the following table :

**Table. 1**  
Distribution of Knowledge Level of respondents to Young Women at Madrasah Aliyah Ulumul Qur'an Stabat

Knowledge	N	%
Good	2	6
Enough	20	59
Less	12	35
Total	34	100

Based on the research results in table 4.I. above, it can be seen that of the number of respondents, the majority had sufficient knowledge of 20 respondents (59%) and a minority of less knowledgeable as many as 12 respondents (35%) this was caused by the low level of respondents' knowledge about dysmenorrhea.

**Table.2**  
Distribution of Respondents' Age Levels Regarding Dysmenorrhea Knowledge in Young Women at Madrasah Aliyah Ulumul Qur'an Stabat

Age level	N	%
16 years	13	38
17 years	14	41
18 years	7	21
Total	34	100

Based on the research results from table 4.2 above, it can be seen that of the number of respondents, the majority were 17 years old as many as 14 respondents (41%) and the majority were 18 years old as many as 7 respondents (21%).

**Table.3**  
Distribution of Respondents' Lifestyle Regarding Dysmenorrhea Knowledge in Young Women at Madrasah Aliyah Ulumul Qur'an Stabat

Lifestyle	N	%
Exercise often	10	29
Rarely exercise	24	71
Total	34	100

Based on the research results from table 4.3 above, it can be seen that of the number of respondents, 10 people (29%) often do sports and 24 people (71%) rarely do sports.

**Table.4**  
Distribution of respondents' information sources about the knowledge of young women About Dysmenorrhea at Madrasah Aliyah Ulumul Qur'an Stabat

Resources	N	%
Print media	7	21
electronic media	9	26
Never	18	53
Total	34	100

Based on the research results from table .4.3 above, it can be seen that of the number of respondents, the majority who never received information were 18 respondents (53%) and the minority who received information from the print media were 7 respondents (21%).

**Table.5**  
Distribution of respondents' level of knowledge about dysmenorrhea in adolescents based on age at Madrasah Aliyah Ulumul Qur'an stabat

Knowdge Level	Age Level						TOTAL	
	16 years		17 years		18 years		n	%
	n	%	n	%	n	%		
Good	0	0	0	0	1	14	1	3
Enough	10	77	7	50	4	57	21	62
Less	3	23	7	50	2	29	12	35
Total	13	100	14	100	7	100	34	100

Based on the research results from table 4.5 above, it can be seen that of the number of respondents, 10 people (77%) had sufficient knowledge at the age of 16 years, 1 person (14%) had good knowledge at 18 years old, and the majority had less knowledge, 7 people (50%) at the age of 17 years.

**Table 6**  
Distribution of respondents' level of knowledge about dysmenorrhea in adolescents based on lifestyle at Madrasa Aliyah Ulumul Qur'an stabat

Knowledge level	Lifestyle				Total	
	Exercise often		Rarely exercise		n	%
	n	%	n	%		
<b>Good</b>	8	80	10	42	18	53
<b>Not Good</b>	2	20	14	58	16	47
<b>Total</b>	10	100	24	100	34	100

Based on the research results from table 4.7 above, it can be seen that from the majority of respondents who are knowledgeable enough, there are 11 people (61%), and through electronic media there are less knowledge, as many as 4 people (44%), while the minority with good knowledge is 1 person (11%).

#### 4. Conclusion

Conducting research on the knowledge of young women about dysmenorrhea at Madrasah Aliyah Ulumul Qur'an Stabat, it can be concluded that: The majority of young women's knowledge about dysmenorrhea is quite good, namely 20 people. The knowledge of young women about dysmenorrhea seen from age shows that there are 14 respondents who are knowledgeable enough, namely 17 years old. The knowledge of young women about dysmenorrhea is based on a well-informed lifestyle as many as 8 people. Knowledge of young women about dysmenorrhea based on the most sources of information obtained who had never received information as many as 11 people..

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