

The Influence of Education Health Effects on Knowledge About Teenagers About Dismenorea in SMK Assanadiyah

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ABSTRACT

To know the influence of health education effects on knowledge about teenagers about dismenorea assanadiyah in high school. Type used is all research experiments (quasi eksperimen) with pretest-posttest design. Average youth education health knowledge before it was given about reproductive health in high school assanadiyah poor with 6,19. Average youth having given knowledge about reproductive health education health in high school assanadiyah good 7,59. Any impact education health effects on knowledge about teenagers in assanadiyah high school about dismenorea with the $p = 0,000$.

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1. Introduction

Adolescence is one of the period from the development of manusia.masa this is the change or transition from childhood which includes biologik change , psikologik and social .Disebagian of the and culture adolescence started at the age of 10-13 years and ends at the age of 18-22 years. According to world health organization (organisation teenagers constitute an individual who gradually reach maturity sexual , changed the state of the economy from dependence a relatively mandiri¹.

One of the problems frequently encountered by teenager is dismenorea .Disminore is pain that accompanies sehari-hari menstrual disorders that can give rise to .Includes light nyerinya varying degrees , medium and heavy².

Based on the data from various countries , incidence dismenorea in the world high. The average more than 50 % of women in each countries experienced dismenorea in a the menstrual cycle .Dismenorea referring to painful menstruation and that is common among teenagers and women young .The incident was reported ranged from 40 to 80 % in various countries³.

Knowledge of reproductive health indispensable by the community , especially the teenager .The survey world health organization (who in a year , age group arenas (10-19 years) occupy a fifth the number of the inhabitants of the world , and 83 % of them live in the developing world .With the education , expected these problems preventable especially about the problem dismenorea.

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In indonesia, reproductive health education are rare.Education health reproduction not covered in in the school curriculum as approach recommended by who, because of conflict between the value of tradition indonesia and globalization kebarat-baratan considered appear as the reproductive health education.On the other hand, cases dealing with health reproduction in indonesia still tinggi⁴.Data from the ministry of health said the woman age youth 15-19 year delivery in 2002-2007 reached the 52 per 1000, and since april to june 2011, the number of cases acquired immune deficiency syndrome aids (new) is 2.001 reported the case of kabupaten 59 city in provincial 19,4 semarang city themselves into town with the number of hiv aids highest in all central java over the past five years.

Women had dismenorea 10-15 % are experienced in indonesia heavy dismenorea to them to make activity or any activity.Incidence disminorea 64,25 % of the total with % 54,89 dismenorea % 9,36 dismenorea primary and secondary.Women in dismenorea had complaints as cramp, hospital, and is unable to work propose own purposes⁶.

Research and heriyani irdayani of the influence of education health to face the knowledge about dismenorea show results of 30 esponden before investigation there are 22 respondents who have knowledge enough. While having given health education there are 28 face the having of knowledge of good. Of the results of the analysis bivariate with menggunakan test t dependent obtained value p value 0,001.

Many teenagers are assume, painful menstruation is very reasonable and could happen to women who experienced what this is particularly to a teenage daughter, but not least the teenager who undergo pain a prolonged and constantly until experiencing pain ca not even do an activity during menstruation because of the pain is unbearable. Dismenorea also have a relationship with a psychological state uncomfortable on teenagers like, menstruation fast offense, a bad mood, irritable and other⁵.

Lack of knowledge to be a factor adolescent girls having degrees desmenorea heavy. Many of the princess received information on dysmenorrhea through electronic media like the internet. Rarely adolescent girls who went to health workers to check when subjected to. dysmenorrhea Adolescent girls when they are having dysmenorrhea better rest to the school health units. Hence adolescent girls often ask for permission by in the pelejaran to rest to the school health units and some have asked for permission to rest home. Whereas, the importance of obtaining information from health workers about the way the handling of dysmenorrhea well so that the activity of a teenage girl was not bothered when subjected to dysmenorrhea⁴.

Based on studies introduction done in high school students said assanadiyah have not received on reproductive health education health. Based on the data on, hence writers is keen on establishing research Influence To Youth Education Health Knowledge About Dismenorea In High School Assanadiyah.

2. Method

Design type used is all research experiments (kuasi experiment designed) pretest-posttest design. Groups to be researched in design is not taken by random but chosen deliberately by researchers as a group will compared.

3. Result

Based on the data is held in SMK Assanadiyah Palembang, the data collected a total of 135 respondents respondents. The result of this research is presented in table form and text, namely :

Table 1
A frequency distribution respondents course

Study Program	n	%
Computer	70	51,9
Administration	42	31,1
Culinary	23	17,0
Total	135	100.0

Based on table above can be seen that the majority of respondents research was studying course of study computer with 70 people (51,9 %) from 135 respondents.

Table 2
Knowledge About Dismenorhea

Knowledge	Mean	SD	Median	Min	Max
Pretest	6,19	1,21	6	3	9
Posttest	7,59	0,74	8	6	9

Based on table 2 respondents awareness before giving health education to get the score a minimum and maximum 3 9, with mean 6,19, the median 6 and primary schools 1,21 and after education health it is got a score given minimum and maximum 6 9, with mean 7,59, the median 8 0,74. and elementary school.

Table 3
The respondents' awareness of dismenorea before and after given education health

Knowledge				n	P
Pretest		Posttest			
Median	Min-Max	Median	Min-Max		
8	3 - 9	8	6 - 9	135	0.000

From the data above can be seen increased knowledge respondents prior to and after done health education or value minimum increased from 3 to 6. The results of statistical tests by using test wilcoxon obtained value significancy 0,000 (p value < 0.05) can then be concluded there is a difference knowledge meaningful between before and after done health education.

4. Discussion

The research can be seen the enhancement of value before be minimum education health and education health after be from 3 increased to 6. However statistical tests using the wilcoxon increase selling significancy 0,000 (p value < 0,05) have inferred differences between knowledge them before and after done education health. Knowledge (knowledge) is a process which a person does using pancaindra towards an object can produce knowledge and certain keterampilan⁷. Education health dismenorea is about not business to a student health message with the expectation that the message can the studying obtaining knowledge of dismenorea is better and to is the dismenorea.

One strategy to obtain change knowledge is by the provision of information to increase knowledge that consciousness raising who in then finally the it will have an attitude in accordance with prescience .One providing information it is by providing education health .The determination of a method of also diprlukan to analyze situation so that the information will be given acceptably well by a group students / i and effective to change knowledge and attitude.

Knowledge of a good dismenorea, students can know, understand, mengaplikasi, analyzing, synthesizing and evaluate, sense symptoms and signs, cause dismenorea, indicated the right answer. respondents said That is according to the theory put forward by notoadmojo that knowledge is the result of know to the establishment of the act of one who includes the ability of cognitive, affective and psychomotor. Knowledge in terms of the person cognitive, includes the ability to know understand, mengaplikasi, analyzing, synthesizing and evaluate a thing¹.

Dysmenorrhea is pain that accompanies her period so that could lead to daily interference. Job the pain varied includes light (take a while and able to continue the activity of sehari-hari), are (because the pain is necessary medicine for relieving the pain, but can still do their job), heavy (the agony so heavy that needed a break and treatment to remove the agony)⁸.

Health education information influenced by several factors that can inflict by the communication, social, and training. Communication interwoven the covering would offer certain knowledge, attitude, trust, tradition, value, etc. Affecting social education health facilities, will give the and training will to exert an influence upon the attitudes and behavior¹.

In line with irdayani heriyani and research on the impact of education health knowledge of students about dismenorea show results of 30 esponden before done studies there are 22 respondents knowledgeable enough. And having given education health is 28 of having knowledge of good. From the analysis bivariate using the t dependent p value = 0,001.

Given its education and health of course it will affect respondents awareness of dismenorea. It is characterized by an increase in knowledge after he was doing health education and there were differences that are meaningful comprehension between before and after he was doing health education. Besides that also proved to be with better respondents awareness after being granted. health education So as to be concluded that the introduction of the influence of health education against knowledge about student dismenorea are marked by dissimilarity knowledge before and after education health.

5. Conclusion

- a. The average of teenagers before it was given health education about reproductive health in SMK Assanadiyah Palembang less either by 6,19.
- b. The average of teenagers having given health education about reproductive health in SMK Assanadiyah Palembang good, 7,59.
- c. There an effect health education effects on knowledge about teenagers about dismenorea in SMK Assanadiyah Palembang with a value of $p = 0,000$.

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