

# Relationship Knowledge And Attitude Of Adolescent Women About Reproductive Health With Premenstruation Syndrome In Environment V, Bamboo Field Village Field District Challenge

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## ARTICLE INFO

### Keywords:

Reproductive Health in Adolescents,  
Premenstrual Syndrome

## ABSTRACT )

Premenstrual syndrome is a combination of changes in psychological and physical symptoms that occurs in the luteum phase of menstruation and begins almost immediately before menstruation. The research method is analytic observational with a cross sectional approach. The population of this study were all 174 young women. Sampling by means of a random sample of 37 people. The results of the statistical test used were the chi-squer statistical test =0.05. The results of the analysis showed that from 37 respondents there were 13 people (35.1%) who had good knowledge and 13 people who had sufficient knowledge the majority did not experience premenstrual syndrome by 8 people (61.5%) and 17 people who had a negative attitude and who experienced premenstrual syndrome. 17 people (100%), the results of the chi-square statistic obtained a knowledge value of  $p=0.04$  and an attitude value of  $p=0.00 < 0,05$  which means there is a relationship between knowledge and attitudes of young women about reproductive health with premenstrual syndrome. It is hoped that young women will actively seek information about reproductive health so that young women know how to prevent and treat premenstrual syndrome.

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## 1. Introduction

Reproductive health is a state of complete physical, mental and social well-being, not merely free from disease or disability in all matters relating to the reproductive system, as well as its reproductive functions and processes according to Widyastuti (Tri, 2014).

About one billion people or every one in six people are teenagers (UNFPA, 2000), 85% of whom live in developing countries. Adolescents aged 15-24 years in Indonesia based on the population census of 237.5 million people. Meanwhile, the population aged 10 -14 years amounted to 22.7 million (BKKBN, 2010).

Reproductive organs show dramatic changes during adolescence during this time, there are rapid physical changes including growth and maturity of the reproductive organs. In women, menstruation is marked by the occurrence of menstruation, which is a natural process that occurs due to regular bleeding from the uterus as a sign that the reproductive organs have matured. Good knowledge and care is a determining factor in maintaining reproductive health (Evianna, 2013)

Adolescent knowledge in Indonesia about reproductive health is still very low at around 78% (20 - 24 years) and 75% (15 - 19 years) (BKKBN, 2010).

During menstruation, some women experience quite heavy menstrual disorders, for example, some experience cramps due to contraction of the smooth muscles in the uterus, headaches, stomach pains, excessive anxiety, feeling tired and weak, nasal congestion, even always want to cry. In addition, there are also those who experience endless redness, depression, the condition of wanting

to eat excessively, to extraordinary menstrual pain. This condition is often referred to as menstrual symptoms or premenstrual syndrome (Ditonurogo, et al, 2011).

Every year more than 70% of women in the world experience premenstrual syndrome symptoms and are felt by more than 50% of women of reproductive age. The hormones estrogen and progesterone as well as neurological factors are believed to play an important role in the symptoms of premenstrual syndrome and there are other factors such as biological, psychological, reproductive history and socio-economic (Ekki, 2013).

The United States states that moderate to severe premenstrual syndrome affects at least 3-5% of the female population. Clark even mentions that this prevention rate can reach 30% of the entire population of women of reproductive age and 1/3 of them experience severe PMS (Suparman, 2013).

A study on premenstrual syndrome conducted by Mahin et al in 2011 in Iran found that 98.2% of female students aged 18-27 years experienced symptoms of premenstrual syndrome. The symptoms felt in the form of physical and psychological symptoms that affect daily activities, decreased interest in learning and impaired social function. As for research conducted by the American College of Obstetricians and Gynecologists (ACOG) in 2011 in Sri Lanka, it was found that around 65.7% of adolescents had premenstrual syndrome. Symptoms that often appear are feelings of sadness and hopelessness by 29.6% (Suparman, 2013).

The frequency of premenstrual syndrome symptoms is quite high in Indonesian women, namely 80-90%, and sometimes these symptoms are very severe and interfere with daily activities (Pudiastuti, 2012).

Based on an initial survey conducted by the author in February, from 6 young women in environment V, Ladang Bambu Village, Medan Tuntungan District in 2019, all of them have experienced premenstrual syndrome and from 6 young women only 3 people who do warm water compresses during premenstrual syndrome.

Based on the description above, the authors are interested in conducting research on "The Relationship between Knowledge and Attitudes of Young Women on Reproductive Health with Premenstrual Syndrome in Environment V, Ladang Bambu Village, Medan Tuntungan Sub-district in 2019".

## 2. Methods

The type of research used is analytic observational with a cross sectional approach. The population in this study were all young women in the V neighborhood of Ladang Bambu Village, Medan Tuntungan Subdistrict in 2019. Sampling was done by purposive sampling by means of random samples, namely mixing samples, if the number of subjects was large it could be taken between 20-25% or more, so the sample taken by the researcher was 21% of 174 namely 37 samples. The study was conducted from September 2018 to February 2019.

## 3. Results

**TABLE 1**  
**DISTRIBUTION OF YOUNG WOMEN CHARACTERISTICS**

Characteristics	Category	f	%
<b>Age</b>	13-15 years old	15	40
	16-18 years old	15	40
	19-21 years old	7	20
<b>Total</b>		37	100
<b>Education</b>	Middle School	15	40
	(Basic)	20	54
	High School	2	6
	(Secondary) College (Top)		
<b>Total</b>		37	100
<b>Profession</b>	Student	31	83
	Work	6	17
	(Entrepreneur)		
<b>Total</b>		37	100

Based on the table above shows the characteristics of the majority of respondents are in the age of 13-15 years and 16-18 years (40%) have secondary education (54%) and seen from the work of young women the majority are students (83%).

**TABLE 2**  
**DISTRIBUTION OF YOUNG WOMEN KNOWLEDGE ABOUT REPRODUCTIVE HEALTH**

Knowledge	f	%
<b>Well</b>	13	35.1
<b>Enough</b>	13	35.1
<b>Not enough</b>	11	29.8
<b>Total</b>	37	100

Based on the table above, it can be seen that the majority of 37 young women have good and sufficient knowledge of 13 people (35.1%) about reproductive health.

**TABLE 3**  
**DISTRIBUTION OF YOUNG WOMEN'S ATTITUDES ABOUT REPRODUCTIVE HEALTH**

Attitude	f	%
<b>Positive</b>	20	54
<b>Negative</b>	17	46
<b>Total</b>	37	100

Based on the table above, it can be seen that of the 37 young women, the majority had a positive attitude of 20 people (54%) about reproductive health.

**TABLE 4**  
**DISTRIBUTION OF PREMENSTRUAL SYNDROME**

Having premenstrual syndrome	f	%
<b>Yes experienced</b>	26	70
<b>Not experiencing</b>	11	30
<b>Total</b>	37	100

Based on the table above, it can be seen that the majority of 37 adolescent girls are categorized as having premenstrual syndrome as many as 26 people (70%).

**TABLE 5**  
**CROSS TABULATION OF THE RELATIONSHIP BETWEEN KNOWLEDGE OF YOUNG WOMEN ABOUT REPRODUCTIVE HEALTH AND PREMENSTRUAL SYNDROME**

Knowledge	Premenstrual syndrome				Total	<i>chi-square test</i>
	Why-lami		not to-lami			
	N	%	N	%		
<b>Well</b>	5	19	8	72	13	35.1
<b>Enough</b>	10	38	3	28	13	35.1
<b>Not enough</b>	11	43	0	0	11	29.8
<b>Total</b>	26	100	11	100	37	100

*p*=0.04

Based on the table above, it can be seen that 13 adolescent girls who have good knowledge, the majority do not experience premenstrual syndrome as many as 8 people (72%), of the 13 teenage girls who have sufficient knowledge the majority have premenstrual syndrome as many as 10 people (38%), and 11 young women who have less knowledge experience premenstrual syndrome as many as 11 people (100%).

The results of the chi-square statistical test obtained a p value = 0.04 this means that the p value is smaller than (0.05) and by having H<sub>0</sub> is rejected and H<sub>a</sub> is accepted, there is a relationship between female adolescent knowledge about reproductive health and premenstrual syndrome.

**TABLE 6**  
**CROSS TABULATION OF THE RELATIONSHIP BETWEEN YOUNG WOMEN'S ATTITUDES ABOUT REPRODUCTIVE HEALTH AND PREMENSTRUATION**

Attitude	Premenstrual syndrome				Total		<i>Test Chi -square</i>
	Why-lami		Not experiencing				
	N	%	N	%	N	%	
Positive	9	34	11	100	20	54	<i>p=0.00</i>
Negative	17	66	0	0	17	46	
Total	26	100	11	100	37	100	

Based on the table above, it can be seen that of the 20 young women who had a positive attitude, 11 people (100%) did not experience premenstrual syndrome and 9 people (34%) had premenstrual syndrome, and of 17 people (66%) who had a negative attitude the majority experienced premenstrual syndrome. syndrome 17 people (66%).

The results of the chi-square statistical test obtained a p value = 0.00. This means that p is smaller than (0.05) and thus H<sub>0</sub> is rejected and H<sub>a</sub> is accepted, that is, there is a relationship between adolescent girls' attitudes about reproductive health and premenstrual syndrome.

#### 4. Discussion

##### Characteristics of Young Women

The results of the analysis showed that the majority of 37 young women who were at the age of 13-15 years and 16-18 years had the same number, namely 15 people (40%). And the majority have a high school education of 20 people (54%). This shows that education affects knowledge about reproductive health, with increasing age and higher education, the higher the knowledge. Education means guidance given by someone to others in order to understand something (Mubarak, 2012).

This is in accordance with Mubarak's theory that it is undeniable that the higher a person's education, the easier it is for them to receive information and in the end the knowledge they have will increase. On the other hand, if a person has a low level of education, it will hinder everyone's development towards the acceptance of newly introduced information and values.

This study is in line with Coryna Risky Amelia (2014) entitled peer education to increase knowledge of premenstrual syndrome in adolescents who said that the normal distribution observation study with a significance of 0.05 obtained Z<sub>table</sub> = 1.96 and Z<sub>count</sub> of 4.82. and these results indicate that there is an effect of health education with peer methods on adolescent knowledge about premenstrual syndrome.

##### Knowledge of Young Women About Reproductive Health With Premenstrual Syndrome

The results of the analysis showed that the majority of 37 adolescent girls had good knowledge about reproductive health, there were 13 people (35.1%), 5 people (38.5%) had premenstrual syndrome and 8 people (61.5%) did not. , there are 13 young women who have sufficient knowledge about reproductive health (35.1%) and 10 people (76.9%) who have premenstrual syndrome and 3 people who don't have premenstrual syndrome (23.1%), and teenage girls 11 people (29.7%) who have premenstrual syndrome (100%) have less knowledge about reproductive health. In addition, respondents have good and sufficient knowledge where the average level of education is high school (middle) so the level of education greatly affects knowledge about one's reproductive health.

This shows that the delivery of educational information about reproductive health from parents as well as experience gained from the environment about the importance of knowing reproductive health, knowledge is an impression in the human mind as a result of the use of the five senses. Knowledge is the result of "knowing" and this occurs after people have sensed a certain object. Sensation of certain objects occurs. Sensing of objects occurs through the five human senses, namely sight, hearing, smell, taste and touch. At the time of sensing to produce knowledge is strongly influenced by the intensity of the perception of attention to the object (Wawan, et al, 2014).

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This is in accordance with Mubarak's theory that every young woman has different knowledge according to the experience she gets in her daily life. This makes young women understand that reproductive health can prevent the occurrence of premenstrual syndrome. The factors that influence a person's knowledge are education and age. Education means the guidance given by someone to others in order to understand something. It is undeniable that the higher a person's education, the easier it is for them to receive information and in the end the knowledge they have will increase. On the other hand, if a person has a low level of education, it will hinder everyone's development towards the acceptance of newly introduced information and values. Meanwhile, with increasing age a person will experience changes in physical and psychological or mental aspects. Broadly speaking, the growth of the physical aspect is divided into four categories of changes, namely changes in size, changes in proportions, the loss of old characteristics and the emergence of new characteristics. These changes occur due to the maturity of organ function. In the psychological or mental aspect, a person's level of thinking becomes more mature and mature.

The results of this study are in line with the research conducted by Sondang Sidabutar 2012 entitled The Relationship Between Class XI Student Knowledge About PMS (Pre Menstrual Syndrome) With PMS Incidence at Hang Tuah 1 High School Surabaya Period July 2012 it can be seen that from 67 class XI students, where The majority of class XI students who have good knowledge do not experience PMS (75.00%), compared to class XI students who have less knowledge, the majority have PMS (65.96%).

## Attitudes of Young Women About Reproductive Health With Premenstrual Syndrome

The results of the analysis showed that of the 37 young women who had a positive attitude, 20 people who did not experience premenstrual syndrome, 11 people (100%) and who had premenstrual syndrome 9 people (34%), and of 17 people (66%) who had a negative attitude the majority experienced premenstrual syndrome 17 people (66%).

Attitude is a reaction or response of someone who is still closed to a stimulus or object. While the nature of the attitude can be in the form of positive and negative attitudes. Positive attitude tendency to action is approaching, liking, expecting a certain object. A negative attitude has a tendency to stay away, avoid, hate, dislike certain objects. Attitudes can change because of that attitudes can be learned and attitudes can change in people if there are certain conditions and conditions that make it easier for other people to behave (Wawan, 2014).

This is in accordance with the theory of Wawan Attitudes are not brought from birth but are formed or learned throughout the development in relation to their objects. This trait distinguishes it from the nature of biogenic motives such as hunger, thirst, the need for rest. Attitudes do not stand alone, but always have a certain relationship to an object in other words, the attitude is formed, studied or changed always with respect to a certain object that can be clearly formulated. The object of the attitude is a certain thing but can also be a collection of things. -that matter. Attitudes have aspects of motivation and aspects of feeling, the nature of which distinguishes attitudes and skills or knowledge possessed by people.

The results of this study are in line with research conducted by Ekki in 2014 entitled the relationship between knowledge about reproductive health and attitudes towards pre-menstrual syndrome in female students of X and XI MAN 2 Madiun. Where most of the young women have good knowledge, this can be seen as many as 31 respondents (62%) of the total sample are 50 students. And 27 young women who have good knowledge have a positive attitude in preventing premenstrual syndrome.

## Knowledge and Attitude Relationship Analysis

Judging from the results of research conducted on 37 young women to see knowledge and attitudes about reproductive health with premenstruation in environment V Ladang Bambu Village, Medan Tuntungan District, of the 13 young women who had good knowledge, the majority had a positive attitude in early detection examinations 100%, out of 13 young women who have sufficient knowledge the majority have a positive attitude 53% and of the 11 young women who have less knowledge the majority have a negative attitude in premenstrual syndrome 100%.

From the characteristics of young women, the results show that the majority of 37 young women who are at the age of 13-15 years and 16-18 years have the same number, namely 15 people (40%). And the majority have a high school education of 20 people (54%).

Knowledge of adolescent girls about reproductive health greatly affects the attitude of adolescent girls in premenstrual syndrome. Where the higher the level of knowledge of young women, the possibility of having a positive attitude in premenstrual syndrome. The results of the Chi-Square statistical test obtained a phi value for knowledge of  $p = 0.04$  and attitude has a  $p$  value = 0.00. This means that the  $p$  value is smaller than (0.05) and thus  $H_0$  is rejected and  $H_a$  is accepted.

The results of this study are in line with Fatikah's research (2010), entitled the relationship of knowledge of adolescent reproductive health to attitudes towards premenstrual syndrome in SMA N 5 Surakarta. The results of the significance analysis were 0.000, which means the significance value of  $p < 0.05$ . The conclusion of this study is that there is a significant relationship between knowledge of reproductive health and attitudes towards premenstrual syndrome in SMA N Surakarta.

This is also confirmed by research. Thus, it can be concluded in this study that there is a relationship between knowledge and attitudes of young women about reproductive health with premenstrual syndrome, which means that the better the knowledge of young women about reproductive health, the more positive attitudes of young women in dealing with premenstrual syndrome. So from the results of this study, no gaps were found between the results of the study and the theory stated above.

## 5. Conclusion

Based on the results of research on the relationship between knowledge and attitudes of young women about reproductive health with premenstrual syndrome in Environment V, Ladang Bambu Village, Medan Tuntungan District in 2019. The following conclusions can be drawn:

1. Knowledge of young women about reproductive health in Neighborhood V Ladang Bambu Village, Medan Tuntungan Sub-district In 2019, the majority of them had good and sufficient knowledge which had the same value, namely 13 people (35.1%) and a minority with less knowledge of 11 people (29.8 %).
2. Attitudes of young women in premenstrual syndrome from 37 young women who have a positive attitude 20 people who do not experience premenstrual syndrome 11 people (100%) and who experience premenstrual syndrome 9 people (34%), and from 17 people (66%) who have premenstrual syndrome negative majority had premenstrual syndrome 17 people (66%).
3. There is a significant relationship between knowledge and attitudes of young women about reproductive health with premenstrual syndrome where the better knowledge of young women about reproductive health, the possibility of having a positive attitude in dealing with premenstrual syndrome with knowledge value = 0.04 and attitude with  $p$  value = 0.00.

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