

Relationship Between Directions Of Dysminora Pain To The Use Of Non-Steroid Anti-Inflammatory Medicines (Nsaids) On Adolescent Women In Environment Iii Of New Kelurahan Bamboo Field, Medan District Profit In 2019

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ABSTRACT

Menarche is the first menstruation experienced by women. Menarche is an early sign of the start of a new life as a teenager in puberty. Menstruation is a period of bleeding that occurs in women regularly every month during their fertile period unless pregnancy occurs. This study aims to determine the relationship between the degree of dysmenorrhea pain and the use of Non-Steroid Anti-Inflammatory Drugs (NSAIDs) in adolescent girls in Neighborhood III of Baru Ladang Bambu Village. The research method used is quantitative analytical approach. cross sectional, where the sample is 30 respondents through total sampling technique. The results of the bivariate analysis showed the degree of pain intensity, namely 8 respondents (26.6%) mild pain, 15 respondents (50.0) moderate pain, 7 respondents (23.4) severe pain. 19 respondents (63.3%) used NSAIDs. The results of the chi square statistical test obtained $p = 0.027$ this means that the p value is greater than the value and thus H_0 is accepted and H_a is rejected. It is hoped that young women who are in Environment III of Ladang Bambu Village will further increase their knowledge about the use of NSAIDs to reduce pain during menstruation.

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1. Introduction

Menarche is the first menstruation experienced by women. Menarche is an early sign of the start of a new life as a teenager in puberty. Dramatic changes in shape and physical characteristics are closely related to the onset of puberty. Rapid growth hormone, which brings the body closer to optimum function The growth spurt occurs earlier in men than women, also indicating that women are sexually mature earlier than men. The achievement of sexual maturity in adolescent girls is marked by the presence of menstruation (Proverawati, 2016).

Menstruation is a period of bleeding that occurs in women regularly every month during their fertile period unless pregnancy occurs. Menstruation is called menstruation, menstruation, or menstruation. During menstruation, the blood that comes out is actually blood due to the shedding of the uterine wall (endometrium).

Many women experience pain before menstruation in various forms, such as dizziness, nausea, aches, and stomach cramps. Some even faint, so they can't go to school or work as usual. However, there are also those who do not feel sick at all, this condition is known as dysmenorrhea (Laila, 2016).

Dysmenorrhea (*dysmenorrhea*) comes from Greek. The word *dys* which means difficult, painful, abnormal; *meno* which means moon; and *orrhea* which means flow. Dysmenorrhea is a medical condition that occurs during menstruation/menstruation which can interfere with activities and requires treatment which is characterized by pain or pain in the abdomen or hips (Judhan, 2016).

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Some women who feel unbearable pain during menstruation can affect 50% of daily activities in women of reproductive age, and 85% in teenage girls. In fact, this condition really needs to be done further by a doctor. This is because this can indicate abnormalities in the reproductive organs, such as uterine infection, cysts or polyps, tumors around the uterus, or it could be due to permanent abnormalities in the position of the uterus (Laila, 2016).

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 the United States, the presentation rate is around 90% of women experience dysmenorrhea and 10-15% of them experience severe dysmenorrhea, which causes them to be unable to carry out any activities and this will reduce the quality of life in each individual. And in Sweden about 72%. While in Indonesia, the incidence of dysmenorrhea is estimated at 55% of women of reproductive age who are tormented by pain during menstruation, the incidence (prevalence) of menstrual pain ranges from 45-95% among productive age, while the incidence of primary type dysmenorrhea in Indonesia is around 54.89%. while the rest are secondary types (Proverawati, et al, 2016).

In 2013 the incidence of dysmenorrhea in North Sumatra (St. Thomas High School) was in the mild category, namely 46.7%, moderate pain 30.0%, and severe pain 23.3%.

The results of an initial survey conducted on 10 young women in Environment III of Ladang Bambu Village in 2019 showed that all of them experienced dysmenorrhea during menstruation with different treatments.

Therefore, researchers are interested in conducting a study entitled "The Correlation of the Degree of Dysmenorrhea Pain on the Use of Non-Steroid Anti-Inflammatory Drugs (NSAIDs) in Young Women in Neighborhood III of Baru Ladang Bambu Village, Medan Tuntungan District in 2019."

2. Methods

The type of research used is quantitative analytic with the type of cross sectional approach. The population in this study were all young women who had menstruated in Environment III Kelurahan Baru Ladang Bambu in 2019 as many as 30 people. The sampling technique used in this study was total sampling, the sample in this study was all 30 young women in Environment III Kelurahan Baru Ladang Bambu, Medan Tuntungan District in 2019. The study was conducted from January to June 2019.

3. Results

TABLE 1
DISTRIBUTION OF YOUNG WOMEN CHARACTERISTICS

Characteristics	Category	f	%
Age	Early Age (11-13 Years)	6	20
	Middle age (14-16 years)	16	53.3
	Late age (17-20 years)	8	26.7
Total		30	100
Education	Basic (SD-SMP)	13	43.3
	Intermediate (high school)	17	56.7
Total		30	100

Based on the table above, the characteristics of the majority of respondents are in the middle age (14-16 years), namely 53.3%. While in education the majority have secondary education (SMA) which is 56.7%.

TABLE 2
THE DISTRIBUTION OF THE DEGREE OF PAIN EXPERIENCED BY YOUNG WOMEN DURING MENSTRUATION IS MILD, MODERATE, AND SEVERE

The degree of dysmenorrhea pain	f	%
Light	8	26.6
Currently	15	50.0
Heavy	7	23.4
Total	30	100

Based on the table above, it can be seen that of the 30 respondents the majority experienced moderate dysmenorrhea, namely 15 people (50.0%)

TABLE 3
DISTRIBUTION OF USE OF NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS) IN ADOLESCENT GIRLS

NSAID use	f	%
-Using NSAIDs	19	63.3
-Do not use NSAIDs	11	36.7
Total	30	100

Based on the table above, it can be seen that of the 30 respondents the majority were categorized as using Non-Steroid Anti-Inflammatory Drugs (NSAIDs), as many as 19 people (63.3%).

TABLE 4
CROSS TABULATION RELATIONSHIP OF PAIN DEGREE OF DYSMENORRHEA WITH USE OF NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

NSAID use	Degree of Pain Dysmenorrhea						Total		Chi-Square Uji Test
	Light		Currently		Heavy		N	%	
	N	%	N	%	N	%			
- Using NSAIDs	2	6.7	11	36.7	6	20	19	63.3	$P = 0.027$
- Not using NSAIDs	6	20	4	13.3	1	3.3	11	36.7	
Total	8	26.7	15	50	7	23.3	30	100	

Based on the table above, it can be seen from 19 (63.3%) respondents who used non-steroidal anti-inflammatory drugs (NSAIDs) 2 (6.75) mild pain, 11 (36.7%) moderate, 6 (20%) severe pain, while those who did not use non-steroidal anti-inflammatory drugs (NSAIDs) were 11 (36.7%) respondents of which 6 (20%) were mild, 4 (13.3%) were moderate and 1 (3.3%) was severe.

4. Discussion

Characteristics of age and education

The results of the analysis showed that the majority of respondents were in the middle age of 14-16 years (53.3%) which influenced the use of Non-Steroid Anti-Inflammatory Drugs (NSAIDs) to reduce the dysmenorrheal pain experienced. However, there are also some respondents who use kiranti as a pain reliever as many as 4 people (13.3%). This shows that at this age ideally teenagers already have their own mindset in solving complex problems along with possible consequences or results including in terms of dysmenorrhea pain.

This is not in accordance with the theory put forward by Proverawati in 2016 namely that one of the health problems of women is menstrual disorder. Menstrual disorders are irregular menstrual periods. Usually, the first menstrual period (menarche) occurs around age 12 or 13, or sometimes earlier or later. Irregular periods are usually for the first or two years. For some women, sometimes menstruation is like a scourge whose presence makes them feel anxious when an indescribable pain occurs when menstruation arrives. This condition is known as menstrual pain or dysmenorrhea, which is menstrual pain that forces women to rest or results in decreased performance and reduced daily activities.

Degree of Pain Dysmenorrhea

The results of the analysis showed that of the 30 respondents the majority experienced moderate dysmenorrhea, namely 50.0%. This means that respondents need medication to relieve the pain, but can still continue their work while respondents who experience mild dysmenorrhea are 26.6%, which means that respondents who experience mild dysmenorrhea for some time and still able to continue their daily activities and those who experience severe dysmenorrhea are 23.4% where the respondents feel the pain is so severe that it requires rest and medication to relieve the pain.

Use of NSAIDs (Non-Steroid Anti-Inflammatory Drugs)

Of the 30 respondents who experienced dysmenorrhea who used Non-steroid Anti-Inflammatory Drugs (NSAIDs) to reduce the pain of dysmenorrhea, 19 people (63.3%) of which 15.7% had mild dysmenorrhea, 57.8% had moderate dysmenorrhea, 26.3% have severe dysmenorrhea.

While respondents who did not use non-steroidal anti-inflammatory drugs were 36.3% of which 45.4% had mild dysmenorrhea, 45.4% had moderate dysmenorrhea and 9.0% experienced severe pain.

Analysis of the Relationship between Pain Degree and Use of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) in Adolescent Girls

Women who are used to experiencing menstrual pain in general already know the initial action when menstrual pain comes. Self-medicating based on experience during treatment to the doctor. The most important thing to remember is that primary dysmenorrhea is not dangerous. Drugs commonly used to relieve menstrual pain include: pain relievers (analgesics) of the Non-Steroid Anti-Inflammatory group.

The results of the analysis above can be seen from 19 (63.3) respondents who used non-steroidal anti-inflammatory drugs (NSAIDs) 2 (25.0) mild pain, 11 (68.7) moderate, 5 (68.7) severe pain while those who did not use non-steroidal anti-inflammatory drugs (NSAIDs) were 11 (36.6) respondents, of which 6 (75,0) were mild, 4 (37.5) were moderate and 1 (14,2) were severe. The results of the Chi-Square test obtained that the value of $\chi^2 = 0.027$ is greater than $\chi^2_{(0.05)}$ and thus H_0 is rejected and H_a is accepted.

Thus, it can be concluded that in this study there is a relationship between the degree of pain and the use of non-steroidal anti-inflammatory drugs (NSAIDs) in adolescent girls in Environment III of the Baru Ladang Bambu Village in 2019.

Relationship of Pain Degree with Use of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)

Research conducted by Ayu, et al (2015) entitled "Relationship of pain degree with the use of non-steroidal anti-inflammatory drugs" showed 84 respondents (27.3%) mild pain, 189 respondents (61.4%) moderate pain and 35 respondents (11.4%) severe pain. 70 respondents (22.7%) chose NSAID therapy. The results of the bivariate analysis showed the Spearman rank correlation value of 0.280 which means that there is a sufficient correlation between the degree of dysmenorrhea pain and the use of NSAIDs.

The results of the study are in line with Laila's (2016) theory which states that therapy with non-steroidal anti-prostaglandin drugs is a fairly effective method and can be said to play an important role in healing primary dysmenorrhea. Non-steroidal drugs included here are indomethacin, ibuprofen, and nonprofen. With the use of this type of medicine, 70% of women who feel pain during menstruation can be cured or experience many changes that are felt.

5. Conclusion

Based on the results of research on the relationship between the degree of dysmenorrhea pain and the use of non-steroidal anti-inflammatory drugs (NSAIDs) in adolescent girls in Environment III, Baru Ladang Bambu Village, Medan Tuntungan District in 2019, the following conclusions can be drawn:

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1. The use of non-steroidal anti-inflammatory drugs (NSAIDs) in adolescent girls in Neighborhood III Baru Ladang Bambu Village in 2019. The majority used NSAIDs as many as 19 people and the minority did not use NSAIDs as many as 11 people.
2. Research that has been conducted shows that 30 respondents all experience pain during menstruation with different degrees of pain, namely mild dysmenorrhea as many as 8 (26.6%) people, moderate dysmenorrhea as many as 15 (50.0%) people, and severe dysmenorrhea as many as 7 people. (23.4%) people.
3. There is a relationship between the degree of dysmenorrhea pain and the use of non-steroidal anti-inflammatory drugs in adolescent girls in Environment III Kelurahan Baru Ladang Bambu in 2019.

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