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Relationship Between Knowledge And Attitude Of Adolescent Women About Reproductive Health With Premenstruation Syndrome In Lingkungan V Kelurahan Ladang Bambu Kecamatan Medan Tuntungan Of The Year 2021

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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 adolescent women. Sampling by means of random samples as many as 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 that there is a relationship between knowledge and attitudes of adolescent women about reproductive health with premenstrual syndrome. It is hoped that adolescent women will actively seek information about reproductive health so that adolescent 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 related 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. Teenagers 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 adolescent during this time frame, there are rapid physical changes including growth and maturity of the reproductive organs. In women, it 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 are 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 wanting to cry. In addition, there are also those who experience endless redness, depression, 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).

More than 70% of women in the world experience premenstrual syndrome symptoms and are felt by more than 50% of women of reproductive age anually. 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 stated that moderate to severe premenstrual syndrome affects at least 3-5% of the female population. Clark even mentioned that this prevalence 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 college students aged 18-27 years old experienced symptoms of premenstrual syndrome. The perceived symptoms are 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 amongst 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, out of 6 adolescent women in Lingkungan V Kecamatan Ladang Bambu, Medan Tuntungan in 2021, all of them had experienced premenstrual syndrome and of 6 adolescent women only 3 people applied warm water compresses during premenstrual syndrome.

Based on the description above, the authors are interested in conducting research on "Relationship Between Knowledge and Attitudes of Adolescent Women on Reproductive Health with Premenstrual Syndrome in Lingkungan V, Kecamatan Ladang Bambu, Medan Tuntungan of the Year 2021".

2. Method

The type of research used is analytic observational with a cross sectional approach. The population in this study were all adolescent women in linkungan V Kecematan Ladang Bambu, Medan Tuntungan in 2021. Sampling was done by proposive sampling by means of random samples, namely mixed sampling, 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 March to August of 2021.

3. Result and disccusion

Table 1. Characteristics Distribution of Adolescent Women

Characteristics xx	Category	f	%
Age	13-15 years	15	40
	16-18 years	15	40
	19-21 years	7	20
Total		37	100
Education	Junior High (Poor)	15	40
	Senior High (Moderate)	20	54
	College (High)	2	6
Total		37	100
Occupation	Student	31	83
	Working (Entrepreneur)	6	17
Total		37	100

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Based on the table above, it was shown that majority of the respondents are in the age of 13-15 years and 16-18 years (40%), moderately educated (54%), and majority of them are students (83%).

Table 2.
Knowledge Distribution of Adolescent Women About Reproductive Health

Knowledge	f	%
Good	13	35,1
Fair	13	35,1
Poor	11	29,8
Total	37	100

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

Table 3.
Distribution of Adolescent Women's Attitudes About Reproductive Health

Attitude	f	%
Positive	20	54
Negative	17	46
Total	37	100

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

Table 4.
Distribution of Premenstrual Syndrome

Premenstrual Syndrome	**f**	**%**
Did experience	26	70
Did not experience	11	30
Total	37	100

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

Table 5.
Cross-tabulation of the relationship between knowledge of adolescent women about reproductive health and premenstrual syndrome

Knowledge	Premenstrual Syndrome						*Chi-square Test*
	Did Experience		Did not Experience		Total		
	N	%	N	%	N	%	
Good	5	19	8	72	13	35,1	
Fair	10	38	3	28	13	35,1	
Poor	11	43	0	0	11	29,8	p =0,04
Total	26	100	11	100	37	100	

Based on the table above, it can be seen that 13 adolescent women have a good knowledge, the majority of them do not experience premenstrual syndrome are as many as 8 people (72%), of the 13 teenage women who have fair knowledge the majority who had premenstrual syndrome are as many as 10 people (38%), and all of 11 adolescent women who have poor knowledge all of them (100%) did experience premenstrual syndrome.

The results of the chi-square statistical test obtained a p value = 0.04 this means that the p value is smaller than α (0.05) and by having H0 rejected and Ha is accepted, there is a relationship between adolescent girl's knowledge about reproductive health and premenstrual syndrome.

Table 6.
Cross-tabulation of the Relationship between Adolescent Girl's Attitudes About Reproductive Health and Premenstrual Syndrome

Attitude	Premenstruaal Syndrome				Total		*Chi -square Test*
	Did		Did not				
	N	%	N	%	N	%	
Positive	9	34	11	100	20	54	
Negative	17	66	0	0	17	46	*p* =0,00
Total	26	100	11	100	37	100	

Based on the table above, it can be seen that of the 20 adolescent 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 17 people (66%).

The results of the chi-square statistical test obtained a p value = 0.00. This means that p is smaller than α (0.05) and thus H0 is rejected and Ha is accepted, that is, there is a relationship between adolescent women's attitudes about reproductive health and premenstrual syndrome.

Discussion

Characteristics of Adolescent Women

The results of the analysis showed that the majority of 37 adolescent 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 Senior High education of 20 people (54%). And the majority of occupation were students as many as 31 people (83%). This shows that education affects knowledge about reproductive health, with increasing age and higher education, the higher their 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 their 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, whom said that the normal distribution observation study with a significance of 0.05 obtained Ztable = 1.96 and Zcount of 4.82. And these results indicate that there is an affect of health education with peer methods on adolescent knowledge about premenstrual syndrome.

Knowledge of Adolescent Women About Reproductive Health with Premenstrual Syndrome

The results of the analysis showed that the majority of 37 adolescent women 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 were 13 adolescent women who have fair knowledge about reproductive health (35.1%) of which 10 people (76.9%) had premenstrual syndrome and 3 people who did not have premenstrual syndrome (23.1%). Adolescent women whom had poor knowledge about reproductive health 11 people (29.7%), all of them 11 (100%) had experienced premenstrual syndrome. In addition, respondents have good and fair knowledge were mostly moderately educated (Senior High School), therefore level of education greatly affects one's

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knowledge of 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).

This is in accordance with Mubarak's theory that every adolescent woman has different knowledge according to the experience she gets in her daily life. This makes adolescent women understand that reproductive health can prevent the occurrence of premenstrual syndrome. The factors that affect 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 grown up.

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 (PreMenstrual Syndrome) With PMS Incidence at Hang Tuah 1 Senior High School Surabaya Period July 2012. It can be seen that from 67 class XI students, where majority of female students with good knowledge did not experience PMS (75.00%), compared to class XI students who have less knowledge, the majority have PMS (65.96%).

Attitudes of Adolescent Women About Reproductive Health with Premenstrual Syndrome

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

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 tends to approach, like, expect a certain object. Negative attitudes have a tendency to stay away from, avoid, hate, dislike certain objects. It can be interpreted that attitudes can change therefore attitudes can be learned and a person's attitudes can change if there are certain conditions that make it easier for people to behave to other people (Wawan, 2014).

This is in accordance with Wawan's theory. Attitudes are not brought from birth but are formed or learned throughout development in relation to their object. This nature 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. 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 adolescent women have good knowledge, this can be seen as many as 31 respondents (62%) of the total sample are 50 students. And 27 adolescent 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 adolescent women to see knowledge and attitudes about reproductive health with premenstrual syndrome in Lingkungan V Kelurahan Ladang Bambu, Kecamatan Medan Tuntungan, of the 13 adolescent women who had good knowledge, the majority had a positive attitude in early detection examinations (100%), out of 13 adolescent women who have fair knowledge the majority have a positive attitude (53%) and of the 11 adolescent women who have poor knowledge the majority have a negative attitude in premenstrual syndrome (100%).

From the characteristics of adolescent women gathered, the results showed that the majority of 37 adolescent 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, 20 people (54%), have a Senior High School education.

Knowledge of adolescent women about reproductive health greatly affects the attitude of adolescent women in premenstrual syndrome. Where the higher the level of knowledge of adolescent women, the higher 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 H0 is rejected and Ha is accepted.

The results of this study are in line with Fatikah's research (2010), entitled the Relationship of Reproductive Health Knowledge of adolescent women to the 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.

Thus, it can be concluded that in this study there is a relationship between knowledge and attitudes of adolescent women about reproductive health with premenstrual syndrome, which means that the better the knowledge of adolescent women about reproductive health, the more positive the attitudes of adolescent women in dealing with premenstrual syndrome. Therefore, from the results of this study, no discrepancy was found between the results of the study and the theory stated above.

4. Conclusion

Based on the results of research on the relationship between knowledge and attitudes of adolescent women about reproductive health with premenstrual syndrome in Lingkungan V, Kelurahan Ladang Bambu, Kecamatan Medan Tuntungan in 2021. The following conclusions can be drawn: Knowledge of adolescent women about reproductive health in Lingkungan V Kelurahan Ladang Bambu, Kecamatan Medan Tuntungan In 2021 the majority had good and fair knowledge which had the same value, namely 13 people (35.1%) and a minority with poor knowledge 11 people (29,8%). Attitudes of adolescent women in premenstrual syndrome from 37 adolescent women who have a positive attitude 20 people do not experience premenstrual syndrome 11 people (100%) and who experience premenstrual syndrome 9 people (34%), and from 17 people (66%) who have a negative attitude the majority have premenstrual syndrome 17 people (66%). There is a significant relationship between knowledge and attitudes of adolescent women about reproductive health with premenstrual syndrome where the higher their knowledge of about reproductive health, the higher 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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