

Premenstrual Syndrome on Reproductive Health of Adolescent Girls in the Baru Ladang Bambu Village, Medan Tuntungan District in 2018

Suriati Lubis¹, Sari Rahma Fitri²

^{1,2}Darmo Medan Midwifery Academy

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ABSTRACT

The purpose of this study is to increase the knowledge and insight of young women about reproductive health and premenstrual syndrome, so that young women can find out how to prevent and deal with menstruation (menstruation/menstruation) to female students/adolescents in Ladang Bambu Village, Medan Tuntungan District. . And the activities Increasing the knowledge of female students/adolescents about reproductive health and premenstrual syndrome, so that young women can know how to prevent and handle menstruation (menstruation/menstruation) in Ladang Bambu Village, Medan Tuntungan District. Increasing the knowledge of young women on the prevention and treatment of premenstrual syndrome. The type and form of activity of this activity is to provide material to female students/adolescents about reproductive health and premenstrual syndrome, so that young women can know how to prevent and treat when facing menstruation (menstruation/menstruation). To achieve the objectives of the above activities, activities were carried out, among others, providing counseling on reproductive health and premenstrual syndrome, so that young women can know how to prevent and deal with menstruation (menstruation/menstruation) in Ladang Bambu Village, Medan Tuntungan District.

E-mail:

suriatilubis2000@gmail.com
88sarirahma@gmail.com

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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).

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 are determining factors 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).

Premenstrual syndrome are uncomfortable symptoms that are generally experienced by women in the days leading up to menstrual bleeding. Usually the longest symptoms of premenstrual syndrome are experienced approximately 7 days before menstruation begins and can continue until menstruation is complete (Sri, 2012).

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. Symptoms usually begin on the 5th to 10th day before your period and may worsen during the ovulatory cycle. It subsides 1 to 2 days before menstruation (Tri, 2014).

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).

2. Method

The direction or purpose of this activity can be carried out by providing counseling to female students/adolescents about reproductive health and premenstrual syndrome, so that young women can find out how to prevent and deal with menstruation (menstruation/menstruation) in adolescent girls. four Posyandu, Medan Tuntungan, Darmo Midwifery Academy lecturers, totaling 2 people, and 1 student, goal: Young Women 12 – 20 years old

2.1. Activity steps

As a community service activity, the following preparations are carried out:

a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.

- 1) Asking for permission from the Head of the Medan Tuntungan sub-district in carrying out outreach activities to students, especially young women about reproductive health and premenstrual syndrome, so that young women can know how to prevent and deal with menstruation (menstruation/menstruation)
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of Counseling activities for female students/adolescents about reproductive health and premenstrual syndrome, so that young women can know how to prevent and handle menstruation (menstruation/menstruation)
- 4) Determination of the facilities and infrastructure needed to support the implementation of these outreach activities.
- 5) Other things that are considered important in carrying out activities

b. Coordination meeting with the activity implementation team in this case:

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fees required
- 6) Facilitators who participate in providing materials
- 7) Things that are deemed necessary

2.2. Activity Process

On September 29, 2018, data collection was carried out for participants who will take part in outreach activities to female students/adolescents about reproductive health and premenstrual syndrome, so that young women can know how to prevent and deal with menstruation (menstruation/menstruation). The opening event, counseling for students/adolescent girls about reproductive health and premenstrual syndrome, so that young women can know how to prevent and handle when facing menstruation (menstruation/menstruation), among others by doing:

- a. Lecture
- b. FAQ
- c. Discussion

4. After giving the material, they will teach young women that apart from dealing with menstruation by going on a diet (such as reducing caffeine, salt, increasing fiber), eating regularly, taking a warm bath, sleeping by embracing or bending knees or putting bandages in the lower

abdomen, compress the stomach with a bottle filled with warm water, etc..

3. Results and Discussion

a. Target Audience

This activity is targeted at female students or young women in the Ladang Bambu Village, Medan Tuntungan Sub-district to female students/adolescents about reproductive health and premenstrual syndrome, so that young women can know how to prevent and treat menstruation (menstruation/menstruation) on Young women were carried out in accordance with the support from the parties concerned and good reception from parents and midwives in the Ladang Bambu Village, Medan Tuntungan District.

b. Linkages

In carrying out this service activity the fields of science that are considered related include reproductive health in adolescents and health promotion and public health.

c. Evaluation Plan

In this case the evaluation carried out was an evaluation of the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing the degree of adolescent reproductive health by increasing information about health, impacts and prevention and benefits of reproductive health for female students/adolescents about reproductive health. and premenstrual syndrome, so that young women can know how to prevent and deal with menstruation (menstruation/menstruation) in young women.

d. Supporting and Inhibiting Factors

1) Supporting factors

Enthusiasm of young women is quite large, the environmental party in this case Kepling Kelurahan Baru Ladang Bambu who provides time and place so that the counseling can run well.

2) Obstacle factor

Awareness of young women who do not know the importance of knowing how to deal with menstruation (menstruation/menstruation), namely by being able to go on a diet (such as reducing caffeine, salt, increasing fiber), eating regularly, taking a warm bath, sleeping by hugging or kneeling. bend or put the void in the lower abdomen, do abdominal compresses with a bottle filled with warm water.

4. Conclusion

Reports on the implementation of community service activities in the form of counseling to female students/adolescents about reproductive health and premenstrual syndrome, so that young women can find out how to prevent and treat when facing menstruation (menstruation/menstruation) in young women which is carried out in the Ladang Bambu Village, District Medan Tuntungan, which can be stated as follows, the activities were carried out in accordance with the objectives and plans. This activity received a good response from the Head of Sub-district, Kepling kelurahan, Midwife in the Environment, and along with the staff. This activity provided a new discourse for young women to be able to disseminate the health information they received and for themselves.

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