

The Relationship Between Adolescent Women's Behavior Towards the Effects of Use of Natural Pain Relief in SMP Negeri 1 Panci Tongah, Simalungun Regency

Hendri Kurniawan¹, Ismi Noer Fadilah², Putri Permata Sari³, Nur Love Suci Fairu⁴
^{1,2}Lecture of Universitas Efarina, Simalungun, Indonesia
^{3,4}Student of Universitas Efarina, Simalungun, Indonesia

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Corresponding Author:

Hendri Kurniawan
Universitas Efarina,
Simalungun, Indonesia
Email:
hendrikurniawan@gmail.com

ABSTRACT

Menstruation (menstruation) is the periodic discharge of blood and body cells from the vagina that originate from the lining of a woman's uterus. Menstruation begins at puberty and marks a woman's ability to bear children, although other health factors may limit this capacity. This event is so natural and natural that it is certain that all normal women will experience this process. However, in reality many women experience menstrual problems, one of which is menstrual pain (dysmenorrhea) (Admin, 2008). The research was conducted at Panei Tongah Public Middle School 1, Simalungun Regency, on 139 respondents. There is a relationship between knowledge and the effect of using menstrual pain relievers at SMP Negeri 1 Panci Tongah, Simalungun Regency, with the P-Value of 0.001 0.05. There is no relationship between attitudes towards the effect of using menstrual pain relievers at Panei Tongah 1 Public Middle School, Simalungun Regency, where the value obtained is greater than the expected value (P Value 0.250 0.05). There is a relationship between action and the effect of using menstrual pain relievers at Panei Tongah 1 Public Middle School, Simalungun Regency. From the results of the Chi-square test, the P-Value is 0.001 0.05, so the hypothesis is accepted. It is hoped that young women will pay more attention to the effects of excessive use of pain relievers because this can be bad for health. It is hoped that the school will work closely with health workers to conduct health education in schools, especially for young girls.

Keywords:

Adolescent, Women's, Behavior

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1. INTRODUCTION

Menstruation (menstruation) is the periodic discharge of blood and body cells from the vagina that originate from the female uterine wall. Menstruation begins at puberty and marks a woman's ability to bear children, although other health factors may limit this capacity. This event is so reasonable and natural that it is certain that all normal women will experience this process. Even so, in reality many women experience menstrual problems, including menstrual pain (dysmenorrhea) [3].

Pain during menstruation is the most common gynecological complaint experienced by many women. The cause of pain during menstruation is not known with certainty, but several factors can influence it, namely hormonal imbalances and psychological factors. Menstrual pain is divided into 2, namely primary menstrual pain and secondary menstrual pain. What is said primary menstrual pain is very painful menstruation that occurs in the absence of a pathological cause that can be shown, this situation is more common in ovulating women and has never been pregnant. such as endometriosis, pelvic inflammatory disease and uterine polyps. Pain can be a primary or secondary disorder of various types of disease [8].

To reduce menstrual pain there are two actions, namely pharmacological and non-pharmacological. Pharmacological procedures can be carried out using analgesic drugs as painkillers and NSAIDs (Non Steroidal Anti-

Inflammatory Drugs) while non-pharmacological procedures can be carried out with relaxation, hypnotherapy, warm water compresses, regular exercise, distraction, namely by diverting attention through reading activities, watch TV, listening to the radio [2].

The results of a preliminary study at SMPN 1 Panci Tongah found that there were 214 female students at the school, of which 60 first graders, 86 second graders and 68 third graders had experienced menstrual pain and sometimes some even asked permission to go home because they could not stand the menstrual pain they experienced. From the list of student attendance at school, it was found that almost every month around 8% of all female students were absent due to illness or hand pain. This is the background for conducting research at SMP Negeri 1 Panci Tongah.

Formulation of the problem

From the background described above, the problem can be formulated as follows: "How is the behavior of young women towards the effects of using menstrual pain relievers".

2. METHOD

The type of research conducted was analytical research which aimed to look at the relationship between the behavior of young women at SMP Negeri 1 Panei Tongah, Simalungun Regency, on the effects of using menstrual pain relievers. The approach used in this research design is a cross sectional study where data is collected at a certain time. The time of the research was carried out from May to August 2018. The research location was at SMP Negeri 1 Panci Tongah, Simalungun Regency.

Data analysis

Univariate analysis

Univariate analysis, namely percentage analysis with the aim of seeing the frequency distribution and percentage of the variables studied, both the dependent variable and the independent variable.

Bivariate analysis

To analyze the data collected using the chi-square statistical test with the help of computer software at the 95% confidence level ($\alpha = 0.05$).

The conditions that apply to the chi-square test are:

1. If the form of the table is 2×2 , it is found that the expected value (E) is less than 5, then the test used is *the Fisher Exact Test*.
2. If in the 2×2 table there is no value $E > 5$ then the test used should be *Continuity Correction*.

3. RESULTS AND DISCUSSION

Relationship of knowledge of young women to the effects of using menstrual pain relievers

Knowledge is a number of facts and theories that enable a person to be able to solve the problems faced (Setiadi, 2007). High knowledge does not necessarily have good behavior towards the effects of using menstrual pain relievers. This can be seen from the behavior of young women who on average have good knowledge. From the results of the author's observations at Tongah Panel 1 Public Middle School, Simalungun Regency, there are still young women who have a good level of knowledge but have bad behavior regarding the effects of using menstrual pain relievers even though this is very detrimental to their own health.

The results of the study showed that most of the female adolescents had good knowledge, namely 73 of the 139 respondents studied. Of these, there were 5.2% whose knowledge was not good. Meanwhile, of the 62 respondents whose knowledge was not good, there were 64.5% who had good knowledge of the effects of using menstrual pain relievers.

From the results of the Chi-square test, it was obtained that the P-Value was $0.001 < 0.05$, so it can be concluded that there is a relationship between the knowledge of young women and the effect of using menstrual pain relievers at Panei Tongah Public Middle School 1, Simalungun Regency.

The relationship between the attitude of young women towards the effect of using menstrual pain relievers.

Attitude is a reaction or response of someone who is still closed to a stimulus or object. Attitude is not directly seen but can only be interpreted in advance from closed behavior.

The results of the author's research at Panei Tongah Public Middle School 1, Simalungun Regency, showed that the attitude of young women towards the effects of using menstrual pain relievers found that there was no relationship to the effects of using menstrual pain relievers, because among young women who had a good attitude, namely 117 people, there were 27.3 % whose attitude is not good. Meanwhile, of the 22 who behaved unfavorably, 72.7% had a good attitude towards the effects of using menstrual pain relievers.

Things like this did not affect the attitudes of young women because 73% of young women in SMP Negeri 1 Panci Tengah, Simalungun Regency had a good attitude compared to those who had a bad attitude towards the effects of using menstrual pain relievers. Based on statistical tests, it was found that there was no relationship between the attitude of young women towards the effects of using menstrual pain relievers with the results obtained with a P-Value of 0.250 0.05.

The relationship between the actions of young women and the effect of using menstrual pain relievers.

Action is something that encourages someone to achieve certain goals, for example the actions of adolescents in consuming menstrual pain relievers, in this case actions greatly influence behavior both for individual health and health in the school environment.

Based on the results of research on young women at Panei Tengah Public Middle School 1 Panei Tengah, Simalungun Regency, it was found that there was a relationship between action and the effect of using menstrual pain relievers with an average number of good actions being more than those whose actions were not good, namely from 84 respondents whose actions good, there were 7.1% of respondents who were unfavorable about the effects of using menstrual pain medication. Meanwhile, of the 60 respondents whose actions were not good, there were 66.7% of respondents who said the effect of using menstrual pain relievers was good.

From the results of the Chi-square test, the P-Value was 0.001 0.05, so it can be concluded that there is a relationship between the actions of young women and the effect of using menstrual pain relievers at Panei Tengah 1 Public Middle School, Simalungun Regency.

4. CONCLUSION

From the results of research conducted at Panei Tengah Public Middle School 1, Simalungun Regency, on 139 respondents, the following conclusions were drawn:

1. There is a relationship between knowledge and the effect of using menstrual pain relievers at Panei Tengah 1 Public Middle School, Simalungun Regency, with the P-Value value 0.001 0.05.
2. There is no relationship between attitudes towards the effect of using menstrual pain relievers at SMP Negeri I Panei Tengah, Simalungun Regency, where the value obtained is greater than the expected value (P_Value 0.250 > 0.05).
3. There is a relationship between action and the effect of using menstrual pain relievers at SMP Negeri I Panei Tengah, Simalungun Regency. From the results of the Chi-square test, the P-Value is 0.001 0.05, so the hypothesis is accepted.

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