

ANALYSIS OF DYSMENORRHEA PAIN LEVELS IN ADOLESCENT

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ABSTRACT

Dysmenorrhea is pain or cramps that women feel in the lower abdomen area which occurs before or after experiencing the first day of menstruation (menarche) until the second day. Dysmenorrhea occurs due to contraction of the myometrium by prostaglandin production. Symptoms that arise in every woman who experiences dysmenorrhea are cramps, smooth muscle contractions in the uterus, headaches, stomach aches, excessive anxiety, feeling tired and weak and even wanting to cry. The aim of this study was to describe the incidence of dysmenorrhea pain in young women. The sample in this study used sampling. The number of respondents in this study was 64 respondents. The method in this research is descriptive research. The approach used is cross-sectional. The results of this study were, 42 respondents (66%) had menstrual age less than 12 years, 35 people (54%) had a menstrual cycle of more than 35 days, 46 people (72%) had a menstrual period of less than 7 days, and 46 people (72%) had a menstrual cycle. dysmenorrhea severe pain as many as 38 people (60%). Based on the results of the research that has been carried out, it is hoped that teenagers will increase their knowledge about the factors that cause dysmenorrhea in teenagers and how to treat it.

Keywords: dysmenorrhea, adolescent

INTRODUCTION

Adolescence is a stage between childhood and adulthood. Growth and development during adolescence is very rapid. This rapid development takes place at the age of 10–15 years. During adolescence there are changes that occur such as hormonal, physical, psychological and social changes, where this condition is called puberty.

WHO data found that 90% of women experience dysmenorrhea, and research conducted in various other countries shows that the incidence of dysmenorrhea experienced by young women is reported to be more than 50%. In Indonesia, the incidence of dysmenorrhea is 72.89%. Meanwhile, in West Java, the population of teenagers aged 10-24 years is the largest population. In the middle adolescent group, many women experience dysmenorrhea problems.

The first menstruation experienced by a woman is called menarche, which generally occurs at the age of 14 years. Menarche is the first menstruation which usually occurs between the ages of 10-16 years or in early adolescence in the middle of puberty before entering the reproductive period. Menstruation is periodic and cyclic bleeding from the uterus accompanied by exfoliation (desquamation) of the endometrium. Menarche or the first menstruation experienced by a woman usually involves cramps, pain and discomfort associated with menstruation, called dysmenorrhea.

Adolescents who experience dysmenorrhea during menstruation have more days off and perform less well at school than adolescents who do not suffer from dysmenorrhea. Dysmenorrhea in adolescents must be treated, even if only with self-medication or non-pharmacological treatment, to avoid more serious problems. The impact that occurs if dysmenorrhea is not treated is that the underlying pathology (abnormality or disorder) can trigger an increase in mortality rates, including infertility. Young women who experience disruption in learning activities are caused by menstrual pain experienced during the teaching and learning process. This causes the discomfort felt when menstrual pain occurs. Therefore, dysmenorrhoea must be treated in adolescents so that impacts such as those above do not occur.

METHODOLOGY

This research was carried out at SMAN 1 Cihaurbreuti in November 2023. The research design used in this research was descriptive, namely the research method used to explain the analysis of the level of dysmenorrhea pain in adolescent girls. The approach used is cross-sectional. The sample in this study were all teenage girls who experienced dysmenorrhea at SMAN 1 Cihaurbreuti. Data collection in this research used a questionnaire given to respondents.

RESULTS AND DISCUSSION

The characteristics in this study consisted of age, menstrual cycle and menstrual regularity. The collected data is presented in the form of a frequency distribution table. Based on the frequency distribution of respondents, they can be categorized as follows:

Table 1. Characteristics of respondent

No	Characteristics Respondent	Total	
		f	%
Menarche age			
1	≥ 12 age	22	34
2	≤ 12 age	42	66
total		64	100
Menstrual cycle			
1	≥ 35 day	35	54
2	≤ 35 day	29	46
total		64	100
Menstrual regularity			
1	Regular	26	40
2	Iregular	38	60
total		64	100

Based on the table above, it is known that those experiencing menarche aged ≥ 12 years were 22 people (34%) and those less than 12 years old were 42 people (66%), for menstrual cycles ≥ 35 days 35 people (54%) and ≤ 35 days as many as 29 people (46%), and for regular menstruation 26 people (40%) and 38 people (60%) for irregular menstruation.

Based on the results of the research above, it shows that the greater percentage is the age of menarche ≤ 12 years. An earlier age of menarche (≤ 12 years) will cause dysmenorrhea because the reproductive organs are not ready to undergo changes and there is still narrowing of the cervix. (Kristianingsih, 2016).

Menarche is the first period of menstruation, namely the discharge of blood from a woman's genitals in the form of the shedding of the inner wall lining of the uterus which contains many blood vessels. Normally the first menstruation occurs at the age of 12 years. The age at which a girl experiences her first menstruation varies greatly. The severity of dysmenorrhea is related to the length and amount of blood lost during menstruation. The most dominant risk factor for dysmenorrhea is age at menarche (Kristianingsih, 2016).

Table 2. Distribution of level of pain, length of menstruation, efforts to treat desminorrhea

No	Distribution	Total	
		F	%
Level of paint			
1	Mild paint	7	11
2	Moderate paint	19	29
3	Severe Paint	38	60
Total		64	100
Length of menstruation			
1	≥ 7 day	12	18
2	≤ 7 day	52	82
Total		64	100
Effort of handle desminore			
1	Pint medication	17	27
2	herbal medicine	8	13
3	Relaxation	9	14
4	Massage	2	3
5	left	11	18
6	sport	5	7
7	warm water compress	12	18
Total		64	100

Based on the table above, it is known that 7 respondents (11%) experienced mild dysmenorrhea pain, 19 respondents (29%) had moderate pain and 38 respondents (60%) had severe pain. And for menstrual duration ≥ 7 days 12 respondents (18%) and ≤ 7 days 52 respondents (82%). The results of the research on efforts to treat dysmenorrhea were obtained. The highest effort to treat dysmenorrhea was by taking anti-pain medication, 17 respondents (27%) and the lowest was by getting a massage, 2 respondents (3%).

Dysmenorrhea is pain during menstruation that is felt in the lower abdomen or waist, which feels like heartburn, aches and like being stabbed. Dysmenorrhea is a problem in the field of gynecology that often attacks young women. The impact of dysmenorrhea can disrupt teenage activities and cause female students to be absent from school. Research conducted by Zegeye, et al reported that the prevalence of dysmenorrhea among teenage junior high school students in Ethiopia was 72%. Lee et al⁵ conducted a cross-sectional study regarding menstruation in adolescent girls in Malaysia and found dysmenorrhoea in 67.7%. Chan, et al⁶ reported that 68.7% of adolescent girls in Hong Kong experienced dysmenorrhea In Jakarta, it was reported that 543 (74.1%) SLTIP female students experienced menstrual pain ranging from mild to severe. Dysmenorrhea pain in this study was found to be mostly mild pain that did not interfere with daily activities. Zegeye et al⁴ reported that the most common pain among adolescents in Ethiopia was mild dysmenorrhea (73%), while 14.4% experienced moderate pain and 12.6% experienced severe pain.

Young women who experience dysmenorrhea and are taking part in learning activities can have an impact on their learning activities by becoming disturbed, lackluster, decreased concentration, and even difficulty concentrating so that the material presented during learning cannot be received well, even to the point where some do not go to school (Saputra, Kurnia and Aini, 2020). Based on the impact that can be caused, dysmenorrhea must be treated so that it does not have a bad impact, where the nature and degree of pain from dysmenorrhea varies greatly, ranging from mild to severe.

One way to treat dysmenorrhea pain is by compressing warm water. Warm water compresses can be done to feel comfortable, relieve pain or reduce pain and can provide a warm feeling to the painful area, especially the stomach.

According to Smeltzer (2002) the distraction method is a way to shift an individual's focus from pain to other stimulation. Breath relaxation method according to Smeltzer and Bare (2002) said that the benefits of deep breathing relaxation are to increase alveolar ventilation, maintain gas alteration, reduce physical or emotional stress so that it can reduce the intensity of pain and anxiety. The deep breathing relaxation method can reduce the intensity of pain by relaxing the skeletal muscles that deal with muscle pain caused by an increase in the number of prostaglandins

In the results of this research, the effort to treat dysmenorrhea pain carried out by female students is exercise. Regular exercise can improve the working capacity of the lungs, increase the working capacity of the heart, increase the number and dimensions of blood vessels that supply blood throughout the body, increase the capacity of the blood so that acid can flow into the blood vessels in the reproductive system when dysmenorrhea is caused by vasoconstriction. Exercising can also increase the release of endorphins into the bloodstream. The results of Thing's research (2011) on 32 female students who regularly exercised and 20 female students who did not exercise regularly. Dysmenorrhea events mostly occur in female students who do not exercise. Research shows that 50% of female students who do not exercise experience moderate pain intensity and 45.8% of students experience mild pain intensity.

CONCLUSION

This research shows that teenage girls with severe levels of pain showed a very high number, namely 38 respondents (60%). This shows that many teenagers experience dysmenorrhea with high levels of pain. dysmenorrhea is experienced by many young women, many of whom complain of dysmenorrhea pain.

LIMITATIONS AND FUTURE DIRECTION

Based on the results of research regarding dysmenorrhea pain in adolescent girls, it is recommended to carry out further research to provide intervention or to reduce desminorrhea pain in adolescent girls, and how to reduce dysmenorrhea pain.

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DECLARATIONS

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