

ABSTRACT

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Description Of Non-Pharmacological Dysmenorrhea Management For Female Students In Faculty Of Health Science University Of Katolik Musi Cahritas Palembang 2017.

SKRIPSI.

PRORAM ILMU KEPERAWATAN

FAKULTAS ILMU KEPERAWATAN

UNIVERSITAS KATOLIK MUSI CHARITAS PALEMBANG

(XV+55 pages + 10 tables +3 charts +7 appendixes)

Background: Dysmenorrhea occurs due to increased prostaglandin hormones cause contraction myometrium and blood vessel constriction resulting in pain.

Objectives: General description of non-pharmacological dysmenorrhea management for female students in faculty of health science University of Katolik musi charitas Palembang 2017.

Method: The research uses descriptive survey with cross sectional design. The samples are 68 respondents. They are female university students that have dysmenorrhea with the technique of accidental sampling. Collecting data uses questionnaire.

Result: The research obtained that non pharmacological dysmenorrhea is conducted by female students in Faculty of Health Science University of Katolik Musi Charitas Palembang with 68 respondents as many as 43 (63.2%) female students did relaxation technique, 19 (27.9%) female students did warm compress, 57 (83.8%) female students while dysmenorrhea drank much water, 37 (54.4%) consume food nutritious when menstruation, 17 (25.0%) female students did activity that soothe the pain, 64 (94.1%) female students did rest and relaxation, 33 (48.5%) female students slept enough during period of menstruation, 41 (60.3%) let it until the pain of stomachache be lost. Based on the research, writer suggessted to students that have serious dysmenorrhea to control in health professionals and improve the care for health reproduction problem with provide information concerning about dysmenorrhea.

References : 22 (2005-2016)