

## ABSTRACT

Intan Novita 3001120019

Knowledge and Attitudes About *Dysmenorrhea* and *Dysmenorrhea* Treatment in Teenagers Class VIII SMP N 26 Palembang

### THESIS

PROGRAM STUDI S1 KEPERAWATAN

FAKULTAS ILMU KESEHATAN

UNIVERSITAS KATOLIK MUSI CHARITAS

Keywords : Knowledge, Attitude, Youth teenagers, Menstruation  
(xvi + 59 pages + 7 tables + 12 attachment)

**Background:** At the age of adolescents who are already menstruating there is interference in the lower abdominal pain (*dysmenorrhea*) with incidence rates between 15.8% - 89.5% with the highest prevalence in teenagers that can affect daily activities. Understanding adolescent reproductive health will be a provision youth in healthy behavior and responsible, but not all teenagers obtain sufficient and correct information about reproductive health. This lack of knowledge and understanding can lead teenagers are not able to handle his problems especially when menstruation *dysmenorrhea* treatment.

**Aim of the study :** To know knowledge and attitudes about *dysmenorrhea* and *dysmenorrhea* treatment in teenagers class VIII SMP N 26 Palembang

**Methodology :** *Analytic survey* with *cross sectional* approach and the sampling technique used *purposive sampling*, the sample consisted of 111 respondents.

**Result of the study :** Univariate obtained in the form of more who have less knowledge either as many as 66 (59.5%) compared with that have good knowledge of as many as 45 (40.5%), while more have an attitude attitude good enough that as many as 62 (55, 9%) compared with that have a good attitude as many as 52 (46.8%), and for the treatment of *dysmenorrhea* more have poor handling as many as 59 (53.2%) compared with those with *dysmenorrhea* handling is good enough for 52 ( 46.8%). The results of chi square test found no relation between knowledge with *dysmenorrhea* treatment with *p value* = 0.003 and there is no relationship between attitude with *dysmenorrhea* treatment with *p value* = 0.958.

**Conclusion :** There is a relationship of knowledge with the handling of *dysmenorrhea* and no association with the management attitude *dysmenorrhea*.

**Suggestions :** The expected role of nurses as education about menstruation and treatment of *dysmenorrhea* and as a care giver perform nursing care that provide direct intervention to overcome *dysmenorrhea*

Bibliography 22 (2007 - 2014)