

Relationship Between Adolescent Behavior on The Effect Of Use Of Haid Pain Disease In MTsN Blang Balee, Samatiga District, Aceh Barat District

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Abstract: Based on data collected by the school obtained as many as 12 female students (10%) of the number of students always have menstrual pain in each month. The purpose of this research is to know the correlation between knowledge, attitude and action of young woman of MTsN Blang Balee of Samatiga Sub-district of West Aceh Regency on the effect of using menstrual pain medication. The research method is analytic with Cross Sectional approach. The population in this study as many as 60 students/day was taken by Stratifit Random Sampling of 54 respondents, the research was conducted in February 2015. Data collection using instrument in the form of questionnaires was analyzed by using Chi-Square test. The results of the study found good respondents to the effect of the use of pain reliever pain medication (79.6%). Respondents with good knowledge on the effect of using pain relief medication (64,8%). Respondents with poor attitude to the effect of using pain relief medication as much as (55.6%). Respondents who had good actions on the effect of the use of pain reliever pain relief (64.8%). Based on the result of the research, it can be concluded that there is a correlation between knowledge toward the behavior of adolescent girls on the effect of using menstrual pain medication in MTsN Blang Balee Samatiga sub-district, West Aceh regency marked with $P\text{-Value}=0,04 < \alpha(0,05)$ between attitudes toward the behavior of adolescent girls on the effect of the use of pain reliever medication in MTsN Blang Balee Samatiga District West Aceh regency marked with the value of $P\text{-Value}=0,01 < \alpha(0,05)$, there is correlation between action toward teenage girl behavior on effect the use of pain reliever medication in MTsN Blang Balee Samatiga District, West Aceh regency is indicated by $P\text{-Value}=0.004 < \alpha(0.05)$. It is suggested to provide information on the effects of menstrual pain medication and information on frequently used drugs and what effect each drug has on its use

Keywords: Knowledge, Attitude, Action, Effect Uses Menstrual Pain Relief Medications

Introduction

Menstrual pain is the most common gynecological complaint and is experienced by many women. The pain during menstruation is not known with certainty the cause, but several factors can affect the hormonal imbalance and psychological factors. Menstrual pain can be divided into 2 namely primary menstrual pain and secondary menstrual pain. What is said to be primary menstrual pain is painful menstruation that occurs in the absence of a pathological cause that can be demonstrated, this condition is more frequent in ovulation women and has never conceived. While secondary menstrual pain can also be referred to as one indication that can lead to certain diseases often associated with pelvic diseases such as endometriosis, pelvic inflammatory disease and uterine polyps. Pain can be a primary or secondary disorder of various types of diseases (Price Sylvia, 2006).

Today, for better pain management using warm compresses and has been widely used to reduce various pain. For example in complaints of pain / headache, leg cramps and pain due to enlargement of the uterus in pregnant women. Besides warm compresses can also be

used to reduce pain in a stiff neck. And can be used to reduce pain in dislocated legs and to reduce pain in the sinuses and nose in cases of sinusitis (Elisa, 2009).

Based on data from various countries, the incidence of menstrual pain in the world is quite high. It is estimated that about 50% of all women in the world suffer from menstrual pain in a menstrual cycle (Llewellyn, 2005).

In epidemiological studies conducted in the United States reported the prevalence of menstrual pain 59.7%, which can be categorized as severe menstrual pain as much as 12%, moderate menstrual pain as much as 37% and mild menstrual pain 49%. The study also reported that menstrual pain caused 14% of teenagers to often not go to school. While in Indonesia the incidence of primary menstrual pain is 54.89% while the rest are secondary type sufferers (French, 2005).

The results of the study by Dewi (2005) about menstrual pain, from 45 respondents 27 people (60%) were knowledgeable enough, and the rest were well-knowledgeed as many as 18 people (40%) and for attitudes, attitudes between good and lacking (moderate) as many as 34 people (75.6%) and the minority were less than 2 people (4.4%). Then, research conducted by Fitria 2006, from 66 teenage girls obtained respondents who have sufficient knowledge about menstrual pain as many as 37 people from 66 respondents. Respondents who were well knowledgeed were a majority of 8 people (80%) in middle adolescents with secondary education and received information from parents. While the results of a study by Margareta 2007, obtained results of knowledgeable young women from 52 respondents namely 49 people (81.33%), enough 6 people (10%), and less 5 people (8.34%), based on attitudes that are positive 55 people (91.67%), negative 5 people (8.33%) (Rummy, 2009).

Based on observations at MTsN Blang Balee, Samatiga District, West Aceh Regency, the total number of students in the school is 222 people. There were 103 male students and 119 female students. Where first class students numbered 44 people, second class students numbered 27 people, and third class numbered 48 people. Found to have experienced menstrual pain and sometimes there is to disrupt the concentration of learning, and even to ask permission to go home because it is not able to withstand menstrual pain experienced. From the data collected by the school, there were as many as 12 people (10%) out of the total number of students who experienced menstrual pain every month.

Based on these problems, how is the relationship of adolescent girl' behavior to the effects of using menstrual pain relievers in MTsN Blang Balee, Samatiga District, West Aceh Regency?

Research Methods

Research using analytic methods with Cross Sectional approach. This approach is intended to see the relationship between independent variables with the dependent variable. The independent variables are knowledge, attitudes and actions while the dependent variable is the behavior of adolescent girls to the effects of using menstrual pain relievers (Notoatmodjo, 2010).

The population in this study was class VII to IX, amounting to 119 students in MTsN Blang Balee, Samatiga District, West Aceh Regency. Sampling using Stratified Random Sampling method or simple random. The number of samples in this study was determined based on the results of these calculations, the samples obtained amounted to 54 students with random sample stratific withdrawal techniques.

Research Results

1. Univariate Analysis

a. Knowledge

Table 1. Frequency Distribution of Adolescent Girls' Knowledge of the Effects of the Use of Menstrual Pain Medication in Blang Balee MTsN Samatiga District, West Aceh Regency.

No	Knowledge	f	(%)
1	Good > 5	35	64,8
2	Not Good ≤ 5	19	35,2
Total		54	100

Source: Primary Data (2015)

b. Attitude

Table 2. Frequency Distribution of Adolescent Girls' Attitudes Towards Effects of the Use of Menstrual Pain Relief in Blang Balee MTsN Samatiga District, West Aceh Regency.

No	Attitude	f	(%)
1	Good	23	42,6
2	Not Good	31	57,4
Total		54	100

Source: Primary Data (2015)

Based on Table 2. above, it can be seen that respondents (female students) with bad attitude are 31 respondents (57.4%), while respondents who have good attitude are 23 respondents (42.6%).

c. Action

Table 3. Frequency Distribution of Adolescent Girls' Actions Against the Effects of Using Medication for Menstrual Pain in MTsN Blang Balee, Samatiga District, Aceh Barat District.

No	Action	f	(%)
1	Good	35	42,6
2	Not Good	19	57,4
Total		54	100

Source: Primary Data (2015)

Based on Table 3. above, it can be seen that respondents with good actions are 35 respondents (64.8%), while respondents with bad actions are 19 respondents (35.2%).

d. Adolescent Girls' Behavior on the Effects of Using Menstrual Pain Relief

Table 4. Distribution of Frequency of Adolescent Girls' Behavior on the Effects of the Use of Medicines for Menstrual Pain Relief of Young Women Against the Effects of the Use of Menstrual Pain Relievers in MTsN Blang Balee, Samatiga District, West Aceh Regency.

No	Effects of the use of menstrual pain medication	f	(%)
1	Good	43	79,6
2	Not Good	11	20,4
Total		54	100

Source: Primary Data (2015)

Based on Table 4. above, it can be seen that the respondent effects of using menstrual pain relievers are 43 respondents (79.6%), while those who are not good (20.4%).

2. Bivariate Analysis

a. Young Women Menstrual Pain.

Table 5. Relationship of Knowledge with Adolescent Girls about the Effects of Young Women Menstrual Pain Relief Use in MTsN Blang Balee, Samatiga District, West Aceh Regency

No	Knowledge	Adolescent Girls' Behavior on the Effects of Medication for Menstrual Pain				amount		Statistic Test
		Good		Not Good		f	%	P-Value
		f	%	f	%	f	%	
1	Good	25	71,4	10	28,6	35	100	0,04
2	Not Good	18	94,7	1	5,3	19	100	
Total		43	79,6	11	20,4	54	100	

Source: Primary Data (2015)

Based on Table 5 above it can be seen that from 54 respondents, it is known that respondents in the good knowledge category 35 respondents there were 10 respondents (71.4%) who were not good at the effects of menstrual pain relievers, while in the knowledge category were 19 good respondents there were 18 respondents (94.7%) were good at the effects of menstrual pain relievers.

The results of statistical analysis using the chi square test at a 95% confidence level ($\alpha = 0.05$) knowledge factors on the behavior of adolescent girls on the effect of menstrual pain relievers p-value = 0.04 or p-value = <0.05 means H_a is accepted, so it can be concluded that there is a relationship of knowledge on the behavior of adolescent girls on the effects of using menstrual pain relievers for girls in MTsN Blang Balee, Samatiga District, West Aceh Regency.

b. Relationship between Attitudes and Adolescent Girls' Behavior on the Effects of Young Women Menstrual Pain Relief Use

Table 6 Relationship between Attitudes and Adolescent Girls' Behavior on the Effects of Young Women Menstrual Pain Relief Use in MTsN Blang Balee, Samatiga District, Aceh Barat District.

No	Attitude	Adolescent Girls' Behavior on the Effects of Medication for Menstrual Pain				amount		Statistic Test
		Good		Not Good		f	%	P-Value
		f	%	f	%			
1	Good	22	95,7	1	4,3	23	100	0,01
2	Not Good	21	67,7	10	32,3	31	100	
Total		43	79,6	11	20,4	54	100	

Source: Primary Data (2015)

Based on Table 6 above, it can be seen that from 54 respondents, it is known that respondents in the good attitude category 23 respondents there is 1 respondent (4.3%) who is not good on the effects of menstrual pain relievers, while in the bad attitude category 31 respondents there are 21 respondents (67.7%) were good at the effects of menstrual pain relievers.

The results of statistical analysis using the chi square test at a 95% confidence level ($\alpha = 0.05$) attitude factor towards the behavior of adolescent girls on the effect of menstrual pain relievers p-value = 0.01 or p-value = <0.05 means H_a is accepted, so it can be concluded that there is a relationship between attitudes towards adolescent girls' behavior on the effects of using menstrual pain relievers for girls in MTsN Blang Balee, Samatiga District, West Aceh Regency.

c. Relationship of Actions with Young Women Behavior on the Effects of Young Women Menstrual Pain Relief Use.

Table 7 Relationship of Actions with Adolescent Girls' Behavior on the Effects of Young Women Menstrual Pain Relief Use in MTsN Blang Balee, Samatiga District, West Aceh Regency.

No	Action	Adolescent Girls' Behavior on the Effects of Medication for Menstrual Pain				amount		Statistic Test
		Good		Not Good		f	%	P-Value
		f	%	f	%			
1	Good	24	68,6	11	31,4	35	100	0,04
2	Not Good	19	100	0	0	19	100	
Total		43	79,6	11	20,4	54	100	

Source: Primary Data (2015)

Based on Table 7 above it can be seen that from 54 respondents, it is known that respondents in the good action category were 35 respondents there were 11 respondents (31.4%) who were not good at the effects of menstrual pain relievers, while in the 19 categories of unfavorable attitudes there were 19 respondents respondents (100%) were good at the effects of menstrual pain relievers.

The results of statistical analysis using the chi square test at a 95% confidence level ($\alpha = 0.05$) action factors on the behavior of adolescent girls on the effect of menstrual pain relievers p-value = 0.004 or p-value = <0.05 means that H_a is accepted then it can be concluded there is a relationship of action on the behavior of adolescent girls on the effects of using menstrual pain relievers for girls in MTsN Blang Balee, Samatiga District, West Aceh Regency.

Discussion

1. Relationship between Knowledge and Adolescent Girls' Behavior on the Effects of Using Menstrual Pain Relief.

Based on the results of the above research it can be seen that knowledge is one of the factors that influence the behavior of adolescent girls on the effects of using menstrual pain relievers. This can be seen from table 5 above that of 54 respondents, it is known that respondents in the knowledge category are good 35 respondents there are 10 respondents (71.4%) who are not good at the effects of menstrual pain relievers, while in the category of knowledge less good 19 respondents are 18 respondents (94.7%) were good at the effects of menstrual pain relievers.

After doing statistical tests using the chi-square test with a confidence level of 95%, the p-value = 0.04 was obtained, which means it was smaller than α (0.05). Thus it can be stated that there is a relationship of knowledge on the behavior of adolescent girls on the effect of using menstrual pain relievers for girls in MTsN Blang Balee, Samatiga District, West Aceh Regency.

This is in accordance with Purnomo, I, 2011 research on the Relationship between Adolescent Girls' Knowledge and Attitudes with Handling of Menstrual Pain Complaints (Dysmenorhe) in SMPN 09 Class VIII, Pekalongan City. The research shows that 37 respondents (57.8%) have a good level of knowledge, while 27 respondents (42.2%) have a level of knowledge with a less category. As many as 37 (57.8%) students have good knowledge about dysmenorrhea, students are able to know, understand, apply, analyze, synthesize, and evaluate the understanding, symptoms and signs of dysmenorrhea, which is indicated by the ability of respondents to answer 85.9% correct answer.

From the literature and research findings found, researchers assume that knowledge influences the behavior of adolescent girls on the effects of using menstrual pain medication. In this study, it was found that there were 10 respondents who had good knowledge but were not good on the effects of using menstrual pain medication, it was caused by the knowledge gained by respondents about the effects of using menstrual pain relievers still did not fully understand the effects of using menstrual pain relievers

2. Relationship between Attitudes with Adolescent Girls' Behavior on the Effects of Using Menstrual Pain Relief.

Based on the results of the above research it can be seen that knowledge is one of the factors that influence the behavior of adolescent girls on the effects of using menstrual pain relievers. This can be seen from table 6 above that out of 54 respondents, it is known that respondents in the good attitude category 23 respondents there was 1 respondent (4.3%) who was not good on the effects of menstrual pain relievers, while in the bad attitude category 31

respondents contained 21 respondents (67.7%) were good at the effects of menstrual pain relievers.

After doing statistical tests using the chi-square test with a confidence level of 95%, the p-value = 0.04 was obtained, which means it was smaller than α (0.05). Thus it can be stated that there is a relationship between attitudes towards adolescent girls' behavior on the effects of using menstrual pain relievers for girls in MTsN Blang Balee, Samatiga District, West Aceh Regency.

This is in accordance with the research of Sembiring, R, 2011 in his research entitled Relationship between Adolescent Girls' Attitudes in the Management of Dysmenorrhoea and Menstrual Pain in AMIK IMELDA Medan. The research shows that the majority of young women attitudes in handling dysmenorrhoea and menstrual pain are not good as many as 26 people (86.7%) and attitudes of young women in handling dysmenorrhoea and menstrual pain are good as many as 4 people (13.3%). This identifies that treatment in dysmenorrhoea and menstrual pain is still not well understood by young women. Young women at Amik Imelda have less knowledge about dysmenorrhoea and menstrual pain, young women are unable to know, understand, apply, analyze, synthesize and evaluate the understanding, and classification, causes and treatment of dysmenorrhoea and menstrual pain, which is indicated by the ability of respondents to answer correctly 40.8%.

From the literature and research results found, researchers assume that attitudes affect the behavior of adolescent girls on the effects of using menstrual pain medication. In this study, it was found that there were 21 respondents who had poor but good attitudes on the effect of using menstrual pain medication, it was the existence of support from family and friends in providing information about the effects of using menstrual pain medication to respondents.

3. Relationship between Actions and Young Women Behavior on the Effects of Using Menstrual Pain Relief.

Based on the results of the above research it can be seen that action is one of the factors that influence the behavior of adolescent girls on the effects of using menstrual pain relievers. It can be seen from table 7 above that of 54 respondents, it is known that respondents in the good action category were 35 respondents there were 11 respondents (31.4%) who were not good on the effects of menstrual pain relievers, while in the 19 categories of unfavorable attitudes there were 19 respondents (100%) were good at the effects of menstrual pain relievers.

After doing a statistical test using the chi-square test with a confidence level of 95%, the p-value = 0.004 is obtained, which means it is smaller than α (0.05). Thus it can be stated that there is a relationship of action on the behavior of young women on the effects of using menstrual pain relievers for girls in MTsN Blang Balee, Samatiga District, West Aceh Regency.

This is in accordance with research Qurrota'yun, D, 2014 in his research The Relationship Between Knowledge and Actions About Hygiene Vulva and the Occurrence of Pruritus Vulvae During Menstruation in Female High School Students 1 Kartasura. The research shows that respondents who have good vulva hygiene measures and about vulva hygiene are good and do not experience pruritus vulvae during menstruation as many as 25 respondents (78.1%) lower than those who do less well and experience pruritus vulvae during menstruation as many as 44 respondents (89.8%). Thus it can be concluded that the respondent's actions about vulva hygiene affect the incidence of pruritus vulvae during menstruation. The results of this study indicate that changes in good actions are needed to improve health and prevent the occurrence of a disease. In this case bad behavior or habits in

maintaining the cleanliness of external genitalia, such as the use of soap, tight underwear and made from nylon, the condition of the genital area which is often moist and unclean will have an impact on the incidence of pruritus vulvae.

From the literature and research results found, researchers assume that attitudes affect the behavior of adolescent girls on the effects of using menstrual pain medication. In this study found 24 respondents who have good and good actions on the effects of using menstrual pain medication, it is caused by the relationship between the actions with the effects of using menstrual pain relievers for young girls showing the direction of adolescent tendencies with good actions going in a good direction too (tendency) to prevent the effects of using menstrual pain medication).

Conclusion

1. Share Health Services

As a material and reference source of information that is useful for services and health counseling, especially services for young women to better understand menstrual pain and can provide a positive attitude when dealing with menstrual pain.

2. For Institutions

As an additional reference and information in the field of health education, and can be used as an addition to the library in the development of further research.

3. For Respondents

The results of this study can provide information about the effects of menstrual pain relievers and information about drugs that are often used and what are the effects of each drug on its use.

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