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Factors Related To The Incidence Of Dysmenorrhea In Adolescent Girls At Mts Azhariah Lubuklinggau City

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Abstract. Based on a pre-survey of 10 female students, 9 experienced dysmenorrhea during menstruation. Then interviews were conducted with 9 female students who experienced dysmenorrhea, the results were 8 people felt that their activities were disrupted because of the dysmenorrhea experienced, so they felt limited to carry out activities and chose to rest for a while. The purpose of this study is to determine the factors related to the incidence of dysmenorrhea in adolescent girls at MTS Azhariah Lubuklinggau City. The type of research used is analytic survey research with a Cross Sectional approach. The population of this study was MTS students in class VIII and 1X at MTS Azhariah Lubuklinggau City, totaling 54 students. Side taking technique in this research is accidental sampling, Data analysis using univariate and bivariate analysis using chi square. The results of the study showed that the age of menarche respondents in the normal category aged 11-12 years as many as 30 people. Based on the results of the questionnaire, it is known that respondents with menarche age 11 years were 18 people, respondents with menarche age 12 years were 12 people and respondents with menarche age 13 years were 20 people and age 14 years were 5 people. The results of the study also found that the age of menarche with abnormal categories of age < 12 years and > 14 years was 48 people with details of menarche age < 12 years 48 people and menarche age 14 years as many as 7 people. The researcher suggested that the MTS should be able to work with the Health Center in the relevant area to hold counselling activities regarding dysmenorrhea continuously for students to improve the reproductive health of female students and study concentration of learning.

Keywords: *Age Of Menarche, Duration Of Menstruation, History Of Dysmenorrhea In The Family, Dysmenorrhea In The Family.*

INTRODUCTION

Data from *the World Health Organization (WHO)*, the incidence of dysmenorrhea in the world is very large, on average more than 50% of women experience primary dysmenorrhea. The prevalence of dysmenorrhea in each country varies. The prevalence in the United States is approximately 85%, in Italy it is 84.1%, and in Australia it is 80%, the prevalence in Asia is on average approximately 84.2%, with specifications of 68.7% occurring in Northeast Asia, 74.8% in Middle East Asia, and 54.0% in Northwest Asia The prevalence in Southeast Asian countries is also different, the incidence in Malaysia reaches 69.4%, Thailand 84.2% and in Indonesia 64.25% consisting of 54.89% primary dysmenorrhea and 9.36%, secondary dysmenorrhea (WHO in Ageng et al., 2023). The causes of dysmenorrhea in adolescent girls can be caused by direct and indirect causes. Direct causes include endocrine and myometrial factors while indirect causes include age of menarche, family history and exercise habits (Potter, PA, Perry, 2018). Based on information from the principal of MTS Azhariah Lubuklinggau City, that there is no

health faculty that has researched dysmenorrhea at MTS Azhariah Lubuklinggau City, while every month there are always students who ask for permission not to follow the learning process because they experience abdominal pain due to menstruation, data from the school health unit (UKS) recorded at MTS Azhariah Lubuklinggau City there are almost every month 20 students ask for permission because of dysmenorrhea. Based on a pre-survey of 10 students, there were 9 who experienced dysmenorrhea during menstruation.

Then an interview was conducted with 9 students who experienced dysmenorrhea, the results were that 8 people felt disturbed in their activities because of the dysmenorrhea they experienced, so they felt limited in doing activities and chose to take a break. Therefore, the researcher is interested in conducting a study on " Factors related to the occurrence of dysmenorrhea in adolescent girls at MTS Azhariah, Lubuklinggau City. This study aims to determine the factors related to the occurrence of dysmenorrhea in adolescent girls at MTS Negeri Azhariah, Lubuklinggau City.

LITERATURE REVIEW

The medical term dysmenorrhea comes from the Greek *dys* meaning difficult, painful, abnormal, *meno* meaning month and *rhea* meaning flow. Dysmenorrhea in Indonesian means pain during menstruation. Almost all women experience discomfort in the lower abdomen during menstruation. However, the term dysmenorrhea only used when the pain is so severe that it interferes with activity and requires medication. The uterus or womb consists of muscles that also contract and relax.

In general, uterine muscle contractions are not felt, but severe and frequent contractions cause blood flow to the uterus to be disrupted, causing pain (Sinaga, 2017). The basic understanding of adolescence *is* growth towards maturity. Adolescence is defined as a transition period from childhood to adulthood. Adolescents are no longer children, but they are not yet adults. Menarche is the first menstruation that occurs which is a characteristic of a healthy and non-pregnant woman's maturity (Irianto, 2015). According to Sinaga (2017) the normal duration of menstruation is 3-7 days. Dysmenorrhea is influenced by genetic factors. Women who have mothers or sisters who suffer from dysmenorrhea have a greater risk of developing this disease as well.

METHODS

The type of research used is analytical survey research with a *Cross Sectional approach* conducted at one time or one specific period and observation of the study object is only done once. This research has been conducted at MTS Azhariah, Lubuklinggau City. The population in this study were MTS students in grades VIII and IX at MTS Azhariah School, Lubuklinggau City, totaling 64 students. The sample was 64 students. This study used Accidental sampling, where the accidental technique

RESULTS

Univariate Analysis

Table 1 Frequency Distribution Of Dysmenorrhea Occurrence

Dysmenorrhea Occurrence	Frequency	Percentage %
Dysmenorrhea	53	82.8
No	11	17.2
Amount	64	100.00

Table 2 Frequency Distribution Of Age Of Menarche

Age of Menarche	Frequency	Percentage %
<12 years	50	78.1
=>12 years	14	21.9
Amount	64	100.00

Table 3 Frequency Distribution Of Menstrual Duration

Menstrual Duration	Frequency	Percentage %
< 7 days/week	34	53.1
>7 days/week	30	46.9
Amount	64	100.00

Bivariate Analysis

Table 4 Relationship Between Age Of Menarche And Incidence Of Dysmenorrhea

No.	Age of Menarche	OCCURRENCE DYSMENORE		OFAmount		p.value	OR		
		No	Dysmenorrhea	F	%				
1	<12 years	1	1.6	49	76.6	50	78.1	0.000	0.008
2	>12 years	10	15.6	4	6.3	14	21.9		
	Total	11	17.2	53	82.8	64	100		

Table 5 Connection Menstrual Duration On Dysmenorrhea Incidence

No.	Menstrual Duration	OCCURRENCE DYSMENORE		OFAmount		p.value	OR		
		No	Dysmenorrhea	F	%				
1	< 7 Days	11	17.2	23	35.9	34	53.1	0.001	0.676
2	>7 Days	0	0.0	30	46.9	30	46.9		
	Total	11	17.2	53	82.8	64	100		

Table 6 Connection family history of dysmenorrhea

No.	Family history	OCCURRENCE DYSMENORE		OFAmount		p.value	OR		
		No	Dysmenorrhea	F	%				
1	There isn't any	8	12.5	12	18.8	20	31.3	0.001	0.408
2	There is	3	4.7	41	64.1	44	68.8		
	Total	11	17.2	53	82.8	64	100		

DISCUSSION

Relationship Between Age Of Menarche And Incidence Of Dysmenorrhea

Based on table 4 on Based on results test statistics chi square obtained p-value 0.000 where the p-value (0.000) is smaller than the α value (0.05), then there is a connection Which meaningful Relationship between Age of Menarche and Incidence of Dysmenorrhea Mts Azhariah, Lubuklinggau City. The OR result is 0.008, which means that the age of menarche is 0.008 times the risk of experiencing dysmenorrhea. With thus hypothesis Which state that There is Relationship between Age of Menarche and Incidence of Dysmenorrhea Mts Azhariah, Lubuklinggau City has been proven in a way statistics. families who experience dysmenorrhea are at risk of dysmenorrhea due to hormonal influences where families may reflect certain hormonal patterns that can be inherited. Study the in line with results from Horman et al., (2021) who stated that there was a relationship between the age of menarche and primary dysmenorrhea That There is a connection results the delivered in the research findings stated that the p value was 0.018, which is less than 0.5 and other research also conveys the same thing from Qomarasari, (2021) stated p 0.022 and this states that those who enter at the age of less than 12 years choose a risk 29 times greater experience of primary menstrual pain compared to those who are older than 12 years old.

According to Juhaeriah et et al., (2020) Which state that age Early menarche is one of the factors that causes it to occur. dysmenorrhea, Because on age the organs reproduction Not yet develops optimally and the cervix is still narrow, so it arises flavor Sick during menstruation (Horman et et al., 2021). Menstruation Which new First time happens on every person That will cause somebody experiencing an increase in hormones in the form of estrogen and progesterone and this will continue to increase and get higher and this causes the occurrence of increased synthesis of prostaglandins on the endometrium.

When someone capable of increasing prostate landing so painful Which caused from menstruation it will get bigger (Joseph, 2023). Results That in accordance with What Which has explained on study Fatmawati & Aliyah, (2020) stated that the value is 0.165 and it is greater than 0.05 which means that the results also have no relationship. between menarche And painful incident. Then mark OR 4.444 Which means that students who experience menstruation primarily have four times greater chance of experiencing pain when they menstruate compared to those who do not menstruate. So The results were also presented by Fatmawati & Aliyah, (2020) to students Which entered semester 2 obtained its value 0.165 And This more big than 0.05 as well as other results Also convey matter Which The same in his research Account et al., (2020) the evaluation was 0.15, meaning that from everything that has been conveyed from previous studies convey that age menarche it turns out No own relationship with dysmenorrhea event or pain in their menstruation.

Relationship Between Menstrual Duration And Dysmenorrhea

Based on table 5 above Based on results test statistics chi square obtained p-value 0.001 where the p-value (0.000) is smaller than the α value (0.05), then there is a connection Which is meaningful between Menstrual Relationships duration on Dysmenorrhea Incidence Mts Azhariah Lubuklinggau City . The OR result is 0.676 which means the age of menarche is 0.676 times at risk of experiencing dysmenorrhea. With thus hypothesis Which state that There is Connection Menstrual duration on Dysmenorrhea Incidence Mts Azhariah, Lubuklinggau City has been proven in a way statistics. Based on the results, there were also 11 (17.2%) women with menstruation duration <7 days who did not experience dysmenorrhea. This was due to the factor of menarche being too early so that the respondents were not physically ready and there was also a factor of family history of dysmenorrhea. A number of factors which hold an important role as reason for dysmenorrhea primary among other factors mental health, constitutional factors, cervical canal obstruction factors, endocrine factors, and environmental

factors. allergies. Risk factors for primary dysmenorrhea are as follows: age during the first menstruation < 12 years, nulliparity, elongated period or long term, smoking, positive family history, obesity (Anurogo, in Sadiman 2017).

Research conducted by Sadiman (2019) shows that there is the relationship between the length of menstruation and family history of the occurrence of dysmenorrhea. Study Which conducted by Want to et al (2019) shows a relationship between the length of menstruation and the incidence of menstrual pain. On menstruation moment woman will experience bleeding from vagina Which in progress approximately 3-8 days, volume of blood Which released about 40 ml. But in some cases there are also women who emit blood more lots and longer that is more than 10 days. The longer the menstrual period, the longer the uterus contracts. so that more prostaglandins are produced and ultimately can cause a painful taste And Also contraction of the uterus Which Keep going continuously can cause blood supply to the uterus to stop or reduce so that results in the occurrence of dysmenorrhea (Wardani, 2021). In line with research Which was done by The Great (2021), with results the existence of a connection between long menstruation and the incidence of painful menstruation.

The results of the study showed that there was a relationship between the length of menstruation and the occurrence of primary dysmenorrhea. This is in line with the research of Sophia et al. (2023) which stated that there was a significant relationship between the length of menstruation and the occurrence of dysmenorrhea. The longer menstruation occurs, the more often the uterus contracts, resulting in more prostaglandins being released. As a result of excessive prostaglandin production, pain occurs. In addition, continuous uterine contractions also cause the blood supply to the uterus to stop temporarily, resulting in primary dysmenorrhea (Gustina, 2015).

Menstrual duration can be caused by psychological and physiological factors. Psychological factors are usually related to the emotional level of adolescent girls who are unstable when they first experience menstruation. While physiologically it occurs more in excessive uterine muscle contractions or it can be said that they are very sensitive to this hormone because the endometrium in the secretion phase produces the hormone prostaglandin. Prostaglandins are formed from unsaturated fatty acids synthesized by all cells in the body. This causes smooth muscle contractions which ultimately cause pain (Bobak, 2016). While physiological factors are related to the production of the hormone prostaglandin (Sirait, Hiswani, & Jemadi, 2019).

Relationship Between Family History Of Dysmenorrhea And The Incidence Of Dysmenorrhea

Based on results test statistics chi square obtained p-value 0.001 where the p-value (0.000) is smaller than the α value (0.05), then there is a connection Which is meaningful between Family relationships history of Dysmenorrhea Mts Azhariah Lubuklinggau City . The OR result is 0.408 which means the age of menarche is 0.408 times at risk of experiencing dysmenorrhea. With thus hypothesis Which state that There is Connection family history of Dysmenorrhea Mts Azhariah, Lubuklinggau City has been proven in a way statistics. but there are also those who have a family history of not experiencing dysmenorrhea 3 (4.7%). this is due to the factor of menarche being too early so that the respondents are not physically ready and there are also those who have long menstruation so that they are prone to experiencing dysmenorrhea. The results of this study are in line with research conducted by Ade, Sarwinarti and Purwati (2019), stating that there is a relationship between family history and the incidence of primary dysmenorrhea ($p = 0.000$) with a strong category relationship strength ($r = 0.592$).

The correlation coefficient (r) is positive, meaning that a history of primary dysmenorrhea in the family increases the incidence of primary dysmenorrhea in adolescents. The results of the study

showed that some had a history of dysmenorrhea in the family (82.5%). A history of dysmenorrhea in the family is more likely to cause dysmenorrhea because it is related to genetic factors that pass on traits to their offspring. One of the traits of genetics is self-duplicating so that during cell division, genetics will duplicate themselves so that the mother's traits can be passed on to her offspring. The same is true for the incidence of dysmenorrhea inherited from the mother (Sadiman, 2022). The results of Charu et al's study also stated that 39.46% of women who suffer from dysmenorrhea have family members with complaints of dysmenorrhea such as mothers or siblings who have a strong correlation between family predisposition and dysmenorrhea. This is possible because there are genetic factors that influence so that if there is a family member who experiences dysmenorrhea, it tends to affect the woman's psyche (Charu et al., 2020). Based on the results of research by Mouliza (2020), it can be seen that out of 57 female adolescents at MTs Negeri 3 Medan in 2019, 37 people (64.9%) had a family history of dysmenorrhea and 8 people (14.0%) did not experience dysmenorrhea. Meanwhile, 5 people (8.8%) did not have a family history of dysmenorrhea, and 7 people (12.3%) did not experience dysmenorrhea. The chi-square results obtained a p value = 0.009.

Thus, it can be concluded that there is a relationship between family history and dysmenorrhea at MTs Negeri 3 Medan in 2019. In a family unit, any dysfunction (illness, injury, separation) will affect one or more family members in certain ways. The family is a network that has close relationships and is independent, and an individual's problems can affect other family members and the entire system. According to Mouliza (2020), there are several young women who have a family history and experience dysmenorrhea because family health history greatly influences the health conditions of family members themselves and is a risk factor that greatly supports the occurrence of the same disease in the family environment. While those who do not have a family history but experience dysmenorrhea due to unhealthy lifestyles such as often eating junk food, smoking, never exercising, etc. which can trigger increased pain during menstruation. And in young women who have a family history but do not experience dysmenorrhea because they have a healthy lifestyle that can reduce pain during menstruation. While those who do not have a family history and do not experience dysmenorrhea because there is no family health history that can affect the occurrence of pain during menstruation

CONCLUSION

Almost all of the respondents experienced dysmenorrhea 53 (82.8%) at Mts Azhariah Lubuk Linggau. Almost all of the respondents 50 (78.1%) were aged <12 years at Mts Azhariah Lubuk Linggau. Most of the respondents had a menstrual period of <7 days as many as 34 (53.1%) at Mts Azhariah Lubuk Linggau. Most of the respondents had a history of dysmenorrhea in the family as many as 41 (64.1%) at Mts Azhariah Lubuk Linggau. There were connection Which meaningful Relationship between Age of Menarche and Incidence of Dysmenorrhea Mts Azhariah, Lubuklinggau City with a p -value of 0.000 and OR 0.008, there is connection Which meaningful between Relationships Menstrual duration on Dysmenorrhea Incidence Mts Azhariah Lubuklinggau City p -value 0.001 and OR 0.676

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