



## Education on Handling Dysmenorrhea in Adolescents at SMA it Insan Cendekia Doyo Baruon Elderly Gymnastics to Improve Sleep Quality in The Elderly



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### Abstract

Dysmenorrhea is a medical term that occurs during menstruation and causes pain caused by uterine contractions. Dysmenorrhea is not a disease but a problem that periodically makes a woman feel uncomfortable during her menstrual period. The purpose of this community service is to increase the understanding of adolescents in SMA IT Insan Cendekia Kabupaten Jayapura about the handling of dysmenorrhea. The implementation of this community service activities was at namely SMA IT Insan Cendekia Kabupaten Jayapura povinsi Papua, Jl. Yowanibi-Polres, Doyo Baru, Kecamatan Waibu. The partners in this activity were young women who were in the in SMA IT Insan Cendekia Kabupaten Jayapura area as many as 20 teenagers. The activity began with the opening, presentation of material, and post test orally exam. The final result of the counseling activity was as many as 90% of adolescents who gave positive responses and experienced an increase in understanding about dysmenorrhea and an increase in knowledge from an average score of 1 to 8.88 which was seen from the enthusiasm of adolescents when listening to the material and answering the questions asked and great appeal to apply what has been given.

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## INTRODUCTION

SMA IT Insan Cendekia is one of the Islamic boarding schools located in Jayapura Regency Papua addressed at Jl. Yowanibi-Polres, Doyo Baru, Waibu District. When viewed from gender, most of them are adolescent women. Where one of the problems often felt by teenagers at SMA IT Insan Cendekia is menstrual pain commonly called dysmenorrhea.

Menstruation is an important event in the life cycle of a woman's life. The occurrence of menstruation indicates that physical maturity and the reproductive system have occurred in the woman. However, during menstruation, it is not uncommon for a woman to experience pain known as dysmenorrhea. Dysmenorrhea is a medical term that occurs during menstruation and causes pain caused by uterine contractions. There are two types of dysmenorrhea, primary and secondary. Primary dysmenorrhea is general menstrual pain felt repeatedly and is not caused by pathological problems in the reproductive organs (Reeder et al, 2011). Pain is usually felt one or two days before menstruation or during menstruation. While secondary dysmenorrhea is pain that is felt and caused by reproductive system disorders. Dysmenorrhea is not a disease but is a problem that periodically makes a woman uncomfortable during menstrual periods. Pain ranging from mild to severe in the lower abdomen, but can also spread to the lower back, waist, pelvis, upper thighs, to calves, sweating, headache, nausea, vomiting, diarrhea, trembling (Jo & Lee, 2018). The pain felt is caused by very strong uterine muscle contractions when removing menstrual blood from the uterus which then causes muscle tightening and tenderness (Ernawati S et al, 2017). The prevalence of dysmenorrhoea is estimated to be high and highly variable, ranging from 20%-94% occurring in women of reproductive age (Randabunga et al, 2018) and mostly occurring in adolescents (Petraglia et al, 2017). Dysmenorrhea felt by adolescents can cause negative effects, such as absenteeism at school, loss of class concentration, absenteeism in class, loss of class participation, inability to do homework (Armour et al., 2019), and cause restrictions on daily activities (Orhan C et al., 2018). There are several ways to overcome dysmenorrhea, namely by administering pharmacological therapy and non-pharmacological therapy. Pharmacological therapy using analgesic drugs and non-pharmacological therapy can use warm ait compresses (Maidartati, Hayati &

Permata, 2018), massage effleurage (Ananda, 2018), herbal ingredients such as turmeric (Dolang M. W., 2021), and aromatherapy (Rambi, Bajak, & Tumbale, 2019).

The partner in this case is teenagers at SMA IT Insan Cendekia do not understand how to handle dysmenorrhea. In this community service, the step taken is the provision of counseling in the form of power point presentations about dysmenorrhea and how to overcome it so that partners can understand correctly so that they can reduce menstrual pain or dysmenorrhea. Counseling about dysmenorrhea can increase adolescent knowledge and behavior about handling dysmenorrhea (Saputra, Kurnia, & Aini, 2021). Power point presentation is a way of delivering information orally and can be followed by participants of more than fifteen people, besides this method requires respondents to use the sense of sight (eyes), sense of hearing (ears) and also enough concentration to absorb the information provided (Dewi U. & Trisetiyaningsih, 2019). The implementation of community service in the form of leaflets can increase understanding of dysmenorrhea (Khusna, K & Utari, 2022). The purpose of this community service is to increase the understanding of adolescent adolescents at SMA IT Insan Cendekia Kabupaten Jayapura about handling menstrual pain.

## METHOD

The preparation stage of the activity began with conducting a field survey to the place of implementation of community service activities, namely SMA IT Insan Cendekia Jayapura Regency Papua province, jl. Yowanibi-Polres, Doyo Baru, Waibu District. Partners in this activity were 20 young women. Field surveys were conducted by meeting with school principals and young women. This community service activities were carried out at SMA IT Insan Cendekia using health education methods in the form of counseling. The counseling aimed to provide an understanding to adolescents about dysmenorrhea, which includes understanding, classification, causes, signs and symptoms, and handling dysmenorrhea. The evaluation stage evaluated the activities that had been carried out and measure the success rate of activities and obstacles faced while in the field. The evaluation was carried out by measuring students' knowledge and understanding of menstrual pain and indicators of success from the implementation of service as seen from the increase in the average score of respondents' understanding of dysmenorrhea.

## RESULTS

### Planning/Preparation

Based on the results of a field survey conducted by the service team, it is known that during menstruation, most adolescents who feel menstrual pain do not know about dysmenorrhea and dysmenorrhea treatment, so the team seeks to provide education about dysmenorrhea and can increase the understanding of adolescents. Behavior based on knowledge will be more lasting than behavior that is not based on knowledge (Kurnia D., Maria U. M., Dian N. I., 2022). The activity was held on December 11, 2023, is divided into several sessions, namely opening, giving counseling materials, oral post test, and closing, as shown in figure 1.1



Picture 1. Dysmenorrhoea counseling

The provision of counseling as seen in Figure 1.1 was carried out for 30 minutes which found that young women at SMA IT Insan Cendekia still have a minimal understanding related to dysmenorrhea. The provision of material begins with an explanation using the lecture method on reproductive health. After that, continue by providing an explanation of dysmenorrhea, such as: understanding dysmenorrhea, classification of dysmenorrhea, signs and symptoms along with efforts to handle dysmenorrhea. The provision of material is carried out so that participants can understand correctly what is meant by dysmenorrhea. Participants can also understand how to minimize the occurrence of dysmenorrhea and the reasons for paying special attention when feeling dysmenorrhea. The counseling method was carried out in an interesting way in the form of lectures with LCD tools which contain interesting counseling materials. The counseling provided was quite effective in attracting the attention of respondents and helping in understanding the counseling material (Wiyono, Trisetiyono, & Pramono, 2015).

The following is a documentation of the activity (the enthusiasm of adolescents in answering the post test orally and giving prizes as a form of appreciation for answering), as shown in Figure 1.2.



Picture 1.2. (The enthusiasm of teenagers in answering the post test orally and giving prizes as a form of appreciation has answered)

Based on Figure 1.2 Shows the enthusiasm of adolescents in answering the post test orally and giving gifts as a form of appreciation for answering. After the teenagers understand the material, the service activity ends with an evaluation through an oral post test about the material that has been delivered. The results of counseling are known as many as 90% of adolescents who give positive responses and experience an increased understanding of dysmenorrhea. It can be seen that there was an increase, respondents' knowledge after counseling about Dysmenorrhea where before counseling the average understanding score of respondents 1 and after counseling increased to 8.88. Through PKM activities, it is hoped that adolescents can practice the knowledge that has been obtained through counseling on handling dysmenorrhea in adolescents so that when adolescents experience dysmenorrhea, the teenager already knows what actions to take. And at the time of the implementation of the service, there were no obstacles faced because, partners in this case the young women of SMA IT Insan Cendekia listened well to the material provided and had enthusiasm in answering about dysmenorrhea.

**Tabel 1: Frequency Dysmenorrhea by age**

Age range	Frequency	Percent (%)
14-15	5	25%
16-17	10	50%
18-19	5	25%

## DISCUSSION

The Implementation of This community service activities carried out to IT Students Insan Cendekia about dysmenorrhea education to reduce menstrual pain and monitor increased knowledge. As a result, after education using power points and leaflets, there was an increase in knowledge in adolescents. Then the implementation of providing education to adolescents (counseling) runs smoothly also according to the predetermined time. Providing education about dysmenorrhea has many benefits for both teenagers and also adult women. This community service is in line the community service carried out by Elsa in 2023, who stated that after providing counseling about dysmenorrhea, young women received detailed explanations and good stress management.

## CONCLUSION

From the results of the dedication that has been carried out and observations of all activities that have been carried out with partners, in this case, Young Women of SMA IT Insan Cendekia, it can be concluded that Counseling is going well with an increase in knowledge from 1 to 8.88 which can be seen from the enthusiasm of adolescents when listening to the material and answering the questions asked as well as a great attraction to apply what has been given.

## SUGGESTION

It is hoped that the adolescent of SMA IT Insan Cendekia can apply the education provided by dysmenorrhea self-treatment.

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## CONFLICTS OF INTEREST

We have no conflict of interest to disclose. All authors state that they have no conflict of interest.

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