

Efforts to Improve Adolescent Girls' Knowledge About Dysmenorrhea Through Health Promotion

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Abstract

Menstrual cycles vary greatly from person to person or individual. One of the most common menstrual problems complained of is dysmenorrhea. Dysmenorrhea is pain and cramps in the lower abdomen experienced by women before or during the menstrual cycle. This condition is considered normal if it causes mild symptoms. However, in some cases, dysmenorrhea can cause discomfort to the point of disrupting daily activities. The purpose of this service is to increase the knowledge of adolescent girls about dysmenorrhea through health promotion. The counseling participants are adolescent girls. The service method is by means of lectures and evaluation is carried out by means of direct questions and answers to participants. It is hoped that with increased knowledge about dysmenorrhea, adolescent girls will be able to overcome dysmenorrhea so that it does not interfere with their activities at school.

Keywords: dysmenorrhea, knowledge, adolescent girls

Introduction

During adolescence, there are changes that occur, such as hormonal, physical, psychological, and social changes, where this condition is called puberty. One of the signs of puberty in adolescent girls is menstruation. Based on WHO data, the incidence of dysmenorrhea in the world is very large; on average, more than 50% of women

experience primary dysmenorrhea. In Indonesia, it is estimated that 55% of women of productive age are tormented by pain during menstruation, where the incidence (prevalence) of dysmenorrhea is 64.25% consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. Dysmenorrhea has an impact other than physical health, dysmenorrhea interferes with the quality of life and productivity of young women and is considered one of the main causes of absenteeism from school or work². Health promotion is an effort to improve abilities through the learning process so that it is expected to be able to maintain and improve health. Health promotion is not only related to increasing knowledge, attitudes, and health practices, but is also an effort to improve or improve the environment (both physical and non-physical) to maintain and improve health. Research by Indrawati and Putriadi (2019) shows that knowledge about dysmenorrhea in adolescents is lacking, which is 53.8%. Formal and informal education still needs to be improved for adolescents regarding the reproductive system, especially dysmenorrhea. From the information that adolescents have obtained about dysmenorrhea, it is hoped that the higher the level of adolescent knowledge in dealing with dysmenorrhea, the more enthusiastic the attitude of adolescents in responding to the problem of dysmenorrhea, so that government efforts in dealing with the problem of dysmenorrhea can be carried out as psychomotor actions³.

Method

The location of community service is at SMK Tandika Cinere Depok West Java. The instruments used in this service are laptops, leaflets, cameras. The way community service works is by preparing counseling materials, conducting anamnesis on young women, conducting focus group discussions on dysmenorrhea and then conducting health counseling to increase the knowledge of young women.

Results

Based on the results of the implementation of community service counseling on dysmenorrhea counseling, there were 70 participants present during the counseling. Before the counseling, my team and I gave direct questions about dysmenorrhea and

how to overcome it. Many students did not know how to overcome it. However, after being given counseling materials, all participants were able to understand dysmenorrhea in adolescent girls well. This activity was carried out together with the team. The following are photos of community service activities.



Figure 2. Community Service Activities

Discussion

Adolescence is a transition period from childhood to adulthood marked by hormonal changes and physical changes. Changes that occur in adolescent girls are marked by the onset of menstruation, changes in the chest, growth of pubic hair and also enlargement of the pelvis⁴. The menstrual cycle varies greatly in each person or individual. One of the most common menstrual-related problems complained of is dysmenorrhea. Dysmenorrhea is pain and cramps in the lower abdomen experienced by women before or during the menstrual cycle⁵. This condition is considered normal if it causes mild symptoms. However, in some cases, dysmenorrhea can cause discomfort to the point of disrupting daily activities². Menstrual pain occurs mainly in the lower abdomen, but can spread to the lower back, waist, pelvis, upper thighs, and calves. Pain can also be accompanied by severe abdominal cramps. The cramps come from very intense contractions of the uterine muscles when releasing menstrual blood from the uterus. These very intense muscle contractions then cause the muscles to tense up and cause cramps or pain. This muscle tension does not only occur in the stomach, but also

in the supporting muscles in the lower back, waist, pelvis, thighs and calves. This process is actually a normal part of the menstrual process, and is usually felt when bleeding begins and continues for 32-48 hours⁴.

Based on the results of questions and answers to community service participants, most participants experienced dysmenorrhea. Most participants experienced dysmenorrhea on the first and second day of menstruation, then the pain would gradually decrease on the third day.

Based on the results of the implementation of community service counseling, participants, namely teenagers, have received an explanation of how to overcome dysmenorrhea, including by exercising frequently 2-3 times a week, reducing consumption of junk food and also consuming young coconut water. Young coconut water contains electrolytes, minerals, folic acid and vitamins. The blood that comes out can be replaced by folic acid. Folic acid helps in the process of forming red blood cells. Complaints of menstrual pain are caused by uterine hypercontraction and an imbalance of the hormones progesterone and prostaglandin. The vitamins and minerals contained in coconut water stimulate the production of progesterone and prostaglandin in stable amounts. Sufficient hormone levels will stimulate and accelerate the process of endometrial shedding and the pain that arises will immediately decrease.

Conclusion

Based on the results of community service activities that have been carried out, it can be concluded that counseling for adolescent girls about dysmenorrhea is very beneficial. This is because with the counseling, adolescent girls can overcome dysmenorrhea independently.

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