

Analysis Of Learning, Thinking And Behavior Of Teenage Daughters In The Face Of Premenstrual Syndrom In Smgri Gandoang

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ABSTRACT

Background : WHO in 2019 stated that around 1,769,425 or 90% of women from all over the world experienced premenstrual syndrome, one of which was dysmenorrhea, of which 10% to 15% experienced severe painful dysmenorrhoea. The incidence of dysmenorrhea occurs mostly in teenage girls with a percentage of 30% to 60%, it is reported that 7% to 15% of teenagers do not come to school. The impact that occurs if PMS symptoms are considered as something unnatural will lead to a negative attitude towards menstruation and will experience discomfort during the menstrual cycle.

Objective : Understand the analysis of knowledge, attitudes and behavior of young women in dealing with premenstrual syndrome

Methods : Analytical with cross sectional design. The sample in this study was 95 female students from class VII at PGRI Gandoang Middle School in December 2023. The sampling technique is random sampling.

Results : The majority of respondents with mild premenstrual syndrome (57.9%), sufficient knowledge (48.4%), positive attitude (73.7%) and positive behavior (68.4%). There is a relationship between knowledge, attitudes and behavior of young women in dealing with premenstrual syndrome (p. value < 0.005).

Conclusions and Suggestions: There is a relationship between knowledge, attitudes and behavior of young women in dealing with premenstrual syndrome. It is hoped that young women will be more active in participating in health education activities so that their knowledge about premenstrual syndrome is better.

Keywords : Premenstrual syndrome, Knowledge, Attitudes, Behavior

1. Introduction

Adolescence is the beginning of reproductive processes with one of the signs is the occurrence of menstrual events that are not rarely accompanied by various physical or emotional symptoms. These symptoms may occur 7 to 10 days before menstruation, or in some women, they will continue for 24 to 48 hours when the first menstrual cycle begins. These symptoms are known as premenstrual syndrome. (Husna, 2018).

According to WHO data in 2019, about 1,769,425 or 90% of women worldwide have premenstrual syndrome, one of which is dysmenorrhea, of which 10% to 15% have severe painful dysmenorrhoea. The incidence rate of dysmenorrhea is prevalent among teenagers with a percentage of 30% to 60%, 7% to 15% of teenagers do not come to school. Prevalence of dysmenorrhea in the world 90% of girls have menstrual problems and about 50% have primary dysmenorrhea, whereas in the United States about

60% and in Sweden about 72% suffer from dysmenorea while in Indonesia the prevalence is 64.25% with primary dysmenorrhea 54.89% and secondary dysmenorrhea 9.36% (Oktorika et al., 2020) physical changes such as back pain, swelling in the abdomen, changes in appetite, dizziness, headaches, pain in the head, difficulty sleeping, skin disorders (sickness), and also psychological and mental symptoms such as easy anger, aggression, crippling, depression, short-term/depressive, hard to concentrate and forget. The symptoms have an influential impact on the activity of the affected person. The effects of premenstrual syndrome on teenage girls include a decrease in learning concentration and decline in school activity so that it will affect the student's interest in learning as well as decreased performance towards the student himself. (Dewi, 2022).

Hormonal changes that occur during PMS can also cause other problems such as gastrointestinal disorders such as diarrhea. In addition, the occurrence of PMS can lead to reduced individual abilities or capacities, reduced productivity, economic losses, increased risk of accidents, and other health problems that can interfere with psychological conditions and have a negative impact on a person's quality of life. (Lock, et al., 2018)

The impact that occurs when PMS symptoms are considered to be something unnatural then will be related to the attitude in the face of menstruation. Attitude is a closed reaction or response to an object or stimulus. Adolescent daughters who have a negative attitude to menstruation will experience discomfort in their menstrual cycle. Adolescents with a positive attitude can accept that menstruation is a natural thing. Negative attitudes are interpreted as rejection, viewing menstruation as a bad thing and damaging women. The symptoms of PMS are often considered to be an exhausting thing in women's lives, because there are various physical discomforts that are experienced. In adolescents, this disorder can affect school performance and activities, such as reduced learning concentration, disturbance in communication with friends, decreased learning productivity and increased absence from attendance. (Sarwono, 2018).

The teenage daughter suffering from PMS has not really understood the changes that occurred to her, has not been able to cope with the complaints that confused her with a positive attitude. It requires complex handling that can be done through knowledge-raising, education and understanding, as well as support or counselling, so that a teenage girl can understand and deal with a variety of circumstances or complaints that confuse her, including premenstrual grievances such as PMS. Good attitude can be shown by behavior and lifestyle in everyday life. This will have a great impact on the improvement of her reproductive health. (Setyowati, Titik, & Mei, 2020).

The efforts of the Ministry of Health in improving the degree of reproductive health of adolescents are carried out through the approach of adolescent friendly services (Adolescent friendly) or known as the Youth Care Health Service (PKPR). The activities of the PKPR are conducted through the training of Puskesmas officers, peer educator training for teachers, and peer counselor training for students. Through these activities, he hopes to tackle various issues related to adolescent reproductive health. In addition to PKPR, there is also a school-based KRR education. Adolescent Reproductive Health Education (KRR) conducted by the school is one of the efforts to guide adolescents to cope with their sexual conflict. KRR Education to provide knowledge to adolescents about the anatomy and physiology of reproduction, fetal development processes, and various reproductive problems such as pregnancy, PMS, HIV/AIDS, KTD and its impact, as well as the development of healthy reproductive

behavior to prepare themselves to carry out healthy reproductive functions. (fisik, mental, ekonomi, dan spiritual). KRR education can be realized in counseling, guidance and counselling, prevention, as well as dealing with problems related to adolescent reproductive health. (Kementarian Kesehatan RI, 2020).

Various factors are known to be linked to or cause PMS, such as individual characteristic factors such as the early menarche age, i.e. < 12 years will be more likely to develop PMS; the length of the menstrual cycle which, if > 8 days occurred, will also lead to PMS occurrence; and the education of parents can affect the knowledge of a teenager about PMS who eventually has a more positive attitude towards prevention. The nutritional status described by the Body Time Index (BMI) indicates that teenage daughters who have abnormal nutrition status with the IMT category of obesity, overweight, and underweight are more likely to develop PMS than teenagers with normal IMT. (Agustina dan Husna, 2018).

Good knowledge can be related to PMS, where knowledge can trigger a person's preventive behavior against a health problem including PMS. Good knowledge of a teenager can also be followed by a positive attitude towards PMS prevention. Lifestyle factors such as quality of sleep and physical activity based on previous research can be linked to the occurrence of PMS (Puji dkk, 2021).

A preliminary study conducted at PGRI Kharisma Gandoang High School in October 2023 obtained data on the number of students of 175 students, with a comparison of male students of 80 and female students of 95 people. The results of interviews with 10 female pupils in PGRI High School Kharizma Gandoong who have already experienced menstruation about the knowledge of pre-menstrual syndrome, obtaining 2 pupils (20%) with good knowledge, 3 pupils (30%) with sufficient knowledge and 5 pupils (50%) with insufficient knowledge. From the background description above, the researchers are interested in conducting a study entitled “Analysis of knowledge, attitudes and behavior of teenage daughters in the face of premenstrual syndrome at PGRI Gandoang SM in 2023”.

2. Methods

Quantitative analytical research using cross sectional design. The sample in this study was part of the teenage girls of the 7th grade at PGRI Gandoang High School in December 2023, of 95 people. So the sampling in this study is random sampler. The method of analysis used is univariate and bivariate analysis with a chi square test.

3. Results

Table 1 Distribution of Premenstrual Syndrome Frequency in Teenage Girls in PGRI Gandoang

No	Premenstrual Syndrom	Frequency	Percentage
1.	minor	55	57.9
2.	Average	37	38.9
3.	Severe	3	3.2
Total		95	100.0

The above table shows that of the 95 respondents, the majority had a mild premenstrual syndrome, 55 (57.9%), 37 (38.9%) had a moderately premenstrative syndrome and three (3.2%) had a severe premenstrual syndrome.

Table 2 Relationship of Adolescent Daughters in Facing Premenstrual Syndrome in PGRI Gandoang

Premenstrual syndrome	Total	P.
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Knowledge	Minor		Average		Severe				Value
	F	%	F	%	F	%	F	%	
Good	33	76,7	10	23,3	0	0,0	43	100,0	0,003
sufficient	21	45,7	23	50,0	2	4,3	46	100,0	
Decrease	1	16,7	4	66,7	1	16,7	6	100,0	
Total	55	57,9	37	38,9	3	3,2	95	100,0	

The above table shows that of the 43 well-informed respondents mostly had mild premenstrual syndrome as 33 respondents (76.7%), of the 46 sufficiently informed respondents mostly experienced moderate premenstrual syndromes as 23 respondents (50.0%), and of the 6 less informed responders mostly developed moderate Premenstrua Syndrome as 4 people (66.7%). The results showed that the Chi-Square statistical test obtained a p value of 0.003 (p. value < 0.05) which means that there is a significant correlation between the knowledge of teenage daughters facing premenstrual syndrome.

Table 3 Relationship of Teenage Daughters' Attitudes in Facing Premenstrual Syndrome in PGRI Gandoang

Sikap	Premenstrual syndrome						Total		P. Value
	Minor		Average		Severe				
	F	%	F	%	F	%	F	%	
Positif	47	67,1	23	32,9	0	0,0	70	100,0	0,001
Negatif	8	32,0	14	56,0	3	12,0	25	100,0	
Total	55	57,9	37	38,9	3	3,2	95	100,0	

The above table shows that of the 70 respondents who were mostly positive, 47 respondents (67.1%) had mild premenstrual syndrome, and of the 25 respondents with mostly negative reactions, 14 respondents (56.0%) had moderate premenstric syndrome. The results showed that the Chi-Square statistical test obtained a p value of 0.001 (p. value < 0.05) which means that there is a significant relationship between the attitude of teenage daughters in the face of premenstrual syndrome.

Table 4 Relationship of Teenage Daughters' Behavior in Facing Premenstrual Syndrome in PGRI Gandoang

behaviour	Premenstrual syndrome						Total		P. Value
	Minor		Average		Severe				
	F	%	F	%	F	%	F	%	
Positive	45	69,2	20	30,8	0	0,0	65	100,0	0,001
Negative	10	33,3	17	56,7	3	10,0	30	100,0	
Total	55	57,9	37	38,9	3	3,2	95	100,0	

The above table shows that of the 65 positive behavior respondents mostly had mild premenstrual syndrome as 45 respondents (69.2%), and of the 30 respondents with negative behaviour the majority had a moderate premenstrable syndrome 17 respondents (56.7%). The results showed that the Chi-Square statistical test obtained a p value of 0.001 (p. value < 0.05) which means that there is a significant correlation between the behavior of teenage daughters in the face of premenstrual syndrome.

4. Discussion

Premenstrual syndrome in teenage girls The results of the study showed that out of 95 respondents the majority had a mild premenstruation syndrome as many as 55 (57.9%), had a moderately premenstrable syndrome 37 (38.9%) and had a severe premenstrative syndrome 3 (3.2%). Premenstrual syndrome (PMS) is a menstrual disorder with a set of physical and mental disorders that usually appear from a week to

a few days before menstruation and disappear after menstruation, although sometimes lasts until menstruation stops. (Daiyah dkk., 2021).

The results of this study are in line with the results of Erika Nurramadhani study (2022) which says that the majority of respondents have mild premenstrual syndrome as much as 70%. According to the assumptions of the researchers from the results that have been carried out at the PGRI PM Gandoang most teenage daughters suffer from mild Premenstrua syndrome with anger-sensitive symptoms, increased appetite, stomach swelling and chest pain.

The study found that of 43 well-informed respondents, the majority had mild premenstrual syndrome, 33 respondents (76.7%), of 46 well-knowing respondents mostly had moderate premenstrual syndromes, 23 respondents (50.0%) and of 6 well-known respondents at least 4 respondents (66.7%). The results showed that the Chi-Square statistical test obtained a p value of 0.003 (p. value < 0.05) which means that there is a significant correlation between the knowledge of teenage daughters facing premenstrual syndrome. Knowledge is the "knowledge" of man's infiltration of a certain object. The process of infiltrancy occurs through the human senses, i.e. the senses of vision, hearing, smell, taste and through the skin. Knowledge or cognitive is a very important domain for the formation of a person's actions (over behavior) (Notoatmodjo, 2018).

The results of this study are in line with the results of Erika Nurramadhani study (2022) which says that respondents who have good knowledge have mild PMS symptoms of 47.9% and respondents with good knowledge, but respondents that have severe intensity PMS have a greater presentation of 66.7%. In addition, poor knowledge respondents have 52.1% followed by PMS with mild symptoms and 33.3% respondents had severe symptoms with poor knowledge. The statistical test results a p-value of 0.025 at a value of $\alpha = 5\%$, which means that knowledge has the highest risk value associated with PMS. According to the researchers' assumptions from the results of the research that has been carried out obtained well-informed teenage daughters mostly with mild premenstrual syndrome, this is due to the knowledge that the teenage girls have learned how to prevent the occurrence of severe premenstrual syndromes. Knowledge of PMS in adolescents is crucial. Adolescents have an attitude and behavior that is responsible for their own health especially with regard to PMS-related issues when their knowledge of PMS is good. The results of the bivariate analysis show that there is a significant relationship between the knowledge about PMS that a teenage daughter has with the occurrence of PMS. The results are consistent with previous research that resulted that knowledge about the PMS will influence the appearance of PMs in school teenage girls.

Relationship of adolescent daughters' attitudes to premenstrual syndrome The results of the study showed that of the 70 respondents who were mostly positive, 47 respondents (67.1%) had a mild premenstrual syndrome, and of the 25 respondents with a majority negative attitude, 14 respondents (56.0%) had moderate premenstrual syndromes. The results showed that the Chi-Square statistical test obtained a p value of 0.001 (p. value < 0.05) which means that there is a significant relationship between the attitude of teenage daughters in the face of premenstrual syndrome.

Attitude is a person's closed response to a particular stimulus or object, which already involves the opinion and emotional factors involved. (senang – tidak senang, setuju-tidak setuju, baik – tidak baik, dan sebagainya). Newcomb, one of the social psychologists, stated that attitude is a readiness or willingness to act, and not an

implementation of a particular motive. In other words, attitude function is not an action (open reaction) or activity, but a predisposition factor to behavior (closed reaction). (Notoatmodjo, 2018).

The results of this study are in line with the results of the Yenny Aulya (2019) study, which said that the majority of adolescents have a positive attitude (50.3 per cent) to premenstrual syndrome with high knowledge (74.2 per cent), heavy physical activity (53.6 per cent); psychology in the category of mild anxiety (54.3 per cent; and higher health education (53.0 per cent). The results of this study are also supported by the results of Mariyam study (2022) which says that the statistical results of the Chi-Square test obtained a p_value value $(0,004) < \alpha (0,05)$, which means there is a meaningful relationship between the attitude of teenage daughters about premenstrual syndrome to symptoms of pre-menstruation syndrome. A sufficient adolescent attitude to PMS means that the adolescent has already had a supportive reaction or response but has not been expressed in any action. The attitude of teenage daughters in trying to cope with premenstrual syndrome symptoms is also influenced by cognitive, environmental, media and other factors.

The study found that out of 65 positive behavior respondents, 45 respondents (69.2%) had mild premenstrual syndrome, and 17 respondents (56.7%) had moderate premenstrual syndromes out of 30 negative behaviors. The results showed that the Chi-Square statistical test obtained a p value of 0.001 (p. value < 0.05) which means that there is a significant correlation between the behavior of teenage daughters in the face of premenstrual syndrome. Behavior is something that the organism does, whether directly or indirectly observable. This means that a new behavior occurs when there is something necessary to trigger a reaction, which is called a stimulus. (Notoatmodjo, 2018).

The results of this study are in line with the results of Annisa Pridynabilah's study (2022) which says that there is a significant relationship between premenstrual syndrome (pms) and eating behavior and energy intake ($p=0,030$). According to the researchers' assumptions, most teenage girls have positive behavior in the face of premenstrual syndrome so that they only experience mild premenstrual syndromes.

5. Conclusion

The majority of respondents had mild premenstrual syndrome (57.9%), sufficient knowledge (48.4%), positive attitudes (73.7%) and positive behavior (68.4%). There is a relationship between the knowledge of teenage daughters in the face of premenstrual syndrome (p. value 0.003). (p. value 0,001).

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