

OVERVIEW THE INCIDENCE OF PREMENSTRUAL SYNDROME AMONG ADOLESCENT

Indry Herllyna ¹ , Gita Arisara ² , Ely Walimah ^{*3}

¹ Student of the Public Health Sciences Study Program, Faculty of Health Sciences, Sebelas April University

^{2,3} Public Health Sciences Study Program, Faculty of Health Sciences, Sebelas April University

Article Info

Article history:

Received Oct 12, 20 23

Revised Nov 20, 20 23

Accepted Nov 26, 20 23

Keywords:

Premenstrual Syndrome

Knowledge

Attitude

Reproductive Health

ABSTRACT

Premenstrual syndrome is a common condition related to the menstrual cycle. Premenstrual syndrome can interfere with daily activities if not understood and treated properly. This research aims to describe the incidence of premenstrual syndrome in female students at Situraja State High School, Sumedang Regency in 2023. The type of research used is quantitative research with descriptive study approach . The population in this study was 84 female students in class X and XI at Situraja State High School using a sampling technique (Proportional Random Sampling). The data analysis used was univariate. The research results show premenstrual syndrome among female students at Situraja State High School Sumedang Regency in 2023 is currently in light symptomp about 66,7%. It is hoped that schools will provide education regarding reproductive health, especially premenstrual syndrome so that female students can apply ways to deal with premenstrual syndrome well.



Copyright © 202 3 PHSAJ . All rights reserved.

Corresponding Author:

Ely Walimah

Public Health Study Program,

Faculty of Health Sciences, Sebelas April University,

Jl. Cipadung No. 54, Kotakaler, North Sumedang, Sumedang, West Java 45621, Indonesia.

Email: elsanjaya@yahoo.com

1. INTRODUCTION

Reproductive health is a state of complete physical, emotional, mental and social well-being, not just freedom from disease or disability in all aspects relating to the reproductive system, its functions and processes (WHO, 2008). Premenstrual syndrome is a common condition related to the menstrual cycle. Symptoms can range from physical symptoms to mental and psychological symptoms (Ningsih and Chalil, 2022) . Premenstrual syndrome can interfere with daily activities if not understood and treated properly. Many female students who do not go to school experience premenstrual syndrome. Premenstrual Syndrome is influenced by many other factors such as: biological factors , psychology, daily lifestyle , reproductive history and socio-economics (Unaningsih P and Aisa S , 2017). The lack of knowledge regarding basic biology , especially physical health problems in young women, reflects a lack of knowledge about the risks associated with their bodies and how to prevent them. Knowledge and attitudes about reproductive health among teenagers are still relatively low, especially in terms of knowledge about the use of reproductive organs, their form and function, and their care (Simatupang, 2018).

In the world, Established studies shows that around 90% of women of childbearing age experience symptoms of mild to acute premenstrual syndrome. Among them, around 20% to 40% suffer from premenstrual syndrome (Gao, 2022). In Indonesia, 95% of women experience premenstrual syndrome , with 5% of women experiencing moderate to severe premenstrual syndrome (Clarita , et al . 2022). In West Java, specifically in Bandung, the prevalence of premenstrual syndrome is in the moderate category at 47.5%, severe at 31.8% and mild at 22% (Lestarini, 2019). Based on data from the Sumedang District Health Service from 2021 - 2022 shows that menstrual disorders including premenstrual syndrome in women aged 10 - 14 years are 270 people, aged 15-19 years the number is 539 people, with a total of 809 person.

Based on a preliminary study at Situraja State High School, Sumedang Regency on March 27 2023, 10 female students were interviewed and it was found that 10 of these students experienced premenstrual syndrome. Common symptoms include chest pain, bloating, changes in appetite, irritability and difficulty concentrating. Vaginal discharge sometimes feels itchy but does not smell. When menstruating, female students experience quite severe stomach pain, so that it disrupts activities, especially school activities. Sometimes this female student drops out of class because of premenstrual syndrome. Based on a preliminary study, 7 female students (70%) did not know enough about reproductive health and premenstrual syndrome and were unable to overcome premenstrual syndrome problems. Students also do not take the initiative to find out for themselves about how to deal with monthly premenstrual syndrome. Due to a lack of knowledge and curiosity about how to treat premenstrual syndrome, many female students ignore it and assume that premenstrual syndrome is something that usually happens to every woman.

2. METHODS

The type of research used was quantitative descriptive with a descriptive study approach used to describe the incidence of premenstrual syndrome in female students at Situraja State High School, Sumedang Regency in 2023. Data analysis was carried out using univariate analysis. The population in this study was 544 female students in classes X and The sampling technique used was proportional random sampling. The data collection tool in this research used a questionnaire. This research questionnaire consists premenstrual syndrome. The data obtained was then processed using SPSS version 26.

3. RESULTS AND DISCUSSION

3.1. Univariate Analysis

1. Description of Premenstrual Syndrome

Table 2 Description of Premenstrual Syndrome

Premenstrual Syndrome	Frequency (F)	Percentage (%)
Mild	56	66.7%
Moderate	22	26.2%
Heavy	6	7.1%
Total	84	100 %

It can be seen that the number of 84 female students shows that there are 56 students who experience premenstrual syndrome in the mild category (66.7%), in the moderate category there are 22 students (26.2%) and in the severe category there are 6 students (7.1%).

3.3 DISCUSSION

Based on the research results, of the 84 female students most of them experienced mild premenstrual syndrome, amounting to 56 students (66,7%). Attitude is an evaluation process carried out by a person towards an object (Seftyani, et al. 2020). Complete attitudes are influenced by a person's knowledge, beliefs and emotions. Someone who has received information about premenstrual syndrome will lead the female student to think about how to deal with premenstrual syndrome well (Husnida N & Sutioningsih H, 2016).

These results are in line with the results of research conducted by Suriati Lubis and Sari Rahma Fitri in 2019 regarding the relationship between knowledge and attitudes of young women about reproductive health and premenstrual syndrome in Environment V, Bambu Village, Medan Tuntungan District. The statistical test results were obtained ($p = 0.000$) in this case $p < 0.05$. This shows that statistically there is a relationship between the attitudes of young women regarding reproductive health and premenstrual syndrome in Environment V, Bambu Village, Medan Tuntungan District in 2019 (Lubis S & Fitri SR, 2019).

These results are not in line with research conducted by Nintinjri Husnida and Hani Sutioningsih in 2015 regarding the relationship between knowledge and attitudes about premenstrual syndrome and behavior in dealing with premenstrual syndrome among students majoring in midwifery at Rangkasbitung Poltekkes Kemenkes Banten. The statistical test results obtained p value = 0.062 ($p > 0.05$). This shows that statistically there is no significant relationship between attitudes and behavior in dealing with premenstrual syndrome in students majoring in midwifery at Rangkasbitung Poltekkes Kemenkes Banten in 2015 (Husnida and Sutioningsih, 2016).

The differences in research results are caused by differences in research location, year of research and characteristics of respondents, especially culture. The predisposing factors of Situraja State High School students from the attitude section have been explored in depth, such as beliefs, beliefs, values and so on. That there is a relationship between attitudes about reproductive health and premenstrual syndrome in female students at Situraja State High School, Sumedang Regency in 2023. The results showed that female students'

attitudes were in the sufficient category, causing students to experience mild premenstrual syndrome . The better attitude you have about reproductive health, the better your treatment will be when you experience premenstrual syndrome . This is because every female student will experience a stage of reproductive organ development and one of the impacts of reproductive organ development is the hormonal changes that occur before menstruation. So, this female student had quite good treatment when she experienced premenstrual syndrome . Premenstrual syndrome in female students is influenced by the response given and the response is quite good, so that discussing reproductive health, especially premenstrual syndrome with friends or other people and even inviting or influencing other people to respond is quite optimal.

4. CONCLUSION

Based on the results of research conducted on "The Relationship between Knowledge and Attitudes about Reproductive Health and Premenstrual Syndrome in Female Students at Situraja State High School, Sumedang Regency in 2023" the following conclusions can be drawn that the description of premenstrual syndrome among female students at Situraja State High School, Sumedang Regency in 2023, the majority (66.7%) experienced mild premenstrual syndrome .

REFERENCES

- Clarita, HA, Wulandari, F., Mahmudiono, T., & Setyaningtyas, SW (2022). Physical Activity to prevent Premenstrual Syndrome : Systematic Review.
- Gao, M., Zhang, H., Gao, Z., Cheng, X., Sun, Y., Qiao, M., & Gao, D. (2022). Global and regional prevalence and burden of Premenstrual Syndrome and Premenstrual Dysphoric Disorder: A study protocol for a systematic review and meta-analysis. *Medicine*, 101(1).
- Husnida, N., & Sutianingsih, H. (2016). The Relationship between Knowledge and Attitudes about Premenstrual Syndrome with Behavior in overcoming Premenstrual Syndrome _ p to Students of the Rangkasbitung Midwifery Department, Poltekkes, Ministry of Health, Banten, 2015. *Journal of Medikes (Health Information Media)*, 3 (1), 1-11.
- Lestarini, T. (2019). Prevalence and Management of Premenstrual Syndrome during sports activities among female FPOK UPI students. (Doctoral dissertation , Indonesian Education University).
- Lubis, S., & Fitri, SR (2019). The Relationship between Knowledge and Attitudes of Adolescent Women regarding Reproductive Health with Premenstrual Syndrome in Environment V Bamboo Field, Field Challenge Village. *Midwifery Science*, 7 (2, April), 83-89.
- Ningsih, PW, & Chalil, MJA (2022). The Effect of Caffeine Consumption on Premenstrual Syndrome in Female Students of the Faculty of Medicine, Muhammadiyah University, North Sumatra (Doctoral dissertation).
- Seftyani, SS, Widyaningsih, O., & Ulfa, M. (2020). The Relationship between Bullying Behavior and Students' Social Interaction Attitudes. In *Proceedings of the National Seminar on STKIP Kusuma Negara III Education* (pp. 271-280).
- Simatupang, LL (2018). Adolescent Girls ' Knowledge Levels about Reproductive Health in Bahorok State High Schools in 2017 . _ *Excellent Midwifery Journal* , 1 (2), 73-78.
- Unaningsih Usman, P., & Aisa, S. (2017). The relationship between Anxiety and Premenstrual Syndrome (PMS) in D - IV Midwifery Students, Regular Class , Kendari Health Polytechnic , 2017 (Doctoral Dissertation , Kendari Ministry of Health Polytechnic).
- Wahyuni, SD, Asparian, A., & Izhar, MD (2018). Determinants associated with Premenstrual Syndrome (PMS) in Adolescent Girls at SMPN 7 Jambi City. *Jambi Public Health Journal*, 2 (1), 59-70.