

ABSTRAK

Nama : Veny Febriyani

Program Studi : Farmasi

Judul : Hubungan Tingkat Pengetahuan Terhadap Perilaku Swamedikasi *Dismenore* (Nyeri Haid) Siswi SMK Intan Husada Kota Serang, Kecamatan Serang, Provinsi Banten

Dismenore merupakan nyeri yang dirasakan pada sebelum atau selama menstruasi berlangsung *dismenore* dapat dirasakan sebagai sensasi nyeri, kram, kontraksi pada uterus. Salah satu pengobatan yang sering dilakukan untuk mengobati penyakit ini adalah dengan tindakan pengobatan sendiri (swamedikasi) dalam tindakan swamedikasi dapat berjalan dengan baik. Tujuan penelitian ini mengetahui hubungan tingkat pengetahuan terhadap perilaku swamedikasi *dismenore* (Nyeri Haid) siswi SMK Intan Husada Kota Serang. Penelitian ini merupakan penelitian deskriptif memakai metode *convenience sampling*. Penelitian ini dilakukan dengan pendekatan *cross sectional*. Populasi pada penelitian adalah siswi SMK Intan Husada Kota Serang. Jumlah sampel yang diambil sebanyak 110 siswi. Hasil penelitian menunjukkan bahwa tingkat pengetahuan siswi SMK Intan Husada Kota Serang terhadap swamedikasi *dismenore* sebanyak 75,5% termasuk kategori baik dan 24,5% termasuk kategori cukup. Pada perilaku siswi SMK Intan Husada Kota Serang terhadap swamedikasi *dismenore* terdapat 37,3% termasuk kategori baik dan 62,7% termasuk kategori cukup. Pada hasil analisis uji *chi square* didapatkan nilai p-value 0,000 disimpulkan bahwa terdapat hubungan antara tingkat pengetahuan terhadap perilaku swamedikasi *dismenore*. Dan untuk hasil gambaran swamedikasi 57,3% responden mengalami nyeri perut/punggung, 48,2% responden waktu *dismenore* yg dirasakan selama 2 hari, 28,8% responden meminum obat asam mefenamat untuk mengurangi nyeri haid, 49,1% responden mengalami skala nyeri yang sedang, 45,5% responden untuk mengurangi *dysmenore* yaitu dengan beristirahat yang cukup.

Kata Kunci : *dismenore*, pengetahuan, perilaku, swamedikasi

ABSTRACT

Name : Veny Febriyani

Study Program : Pharmacy S1

Title : The Relationship between Knowledge Level and Dysmenorrhea Self-Medication Behavior (Menstrual Pain) in Intan Husada Vocational High School in Serang City, Serang District, Banten Province

Dysmenorrhea is pain that is felt before or during menstruation. Dysmenorrhea can be felt as a sensation of pain, cramps, contractions in the uterus. One of the treatments that are often used to treat this disease is self-medication (self-medication). The purpose of this study was to determine the relationship between the level of knowledge and the behavior of self-medication dysmenorrhea (Hair Pain) in SMK Intan Husada students, Serang City. This research is a descriptive study using convenience sampling method. This research was conducted with a cross sectional approach. The population in this study were students of SMK Intan Husada Serang City. The number of samples taken as many as 110 students. The results showed that the level of knowledge of female students of SMK Intan Husada Serang City on self-medication of dysmenorrhea was 75.5% including the good category and 24.5% including the sufficient category. In the behavior of students of SMK Intan Husada Serang City towards dysmenorrhea self-medication, 37.3% were included in the good category and 62.7% were included in the sufficient category. In the results of the analysis of the chi square test, the p-value of 0.000 was obtained, it was concluded that there was a relationship between the level of knowledge and the behavior of self-medication of dysmenorrhea. And for the results of self-medication, 57.3% of respondents experienced abdominal/back pain, 48.2% of respondents experienced dysmenorrhea for 2 days, 28.8% of respondents took mefenamic acid to reduce menstrual pain, 49.1% of respondents experienced a scale moderate pain, 45.5% of respondents to reduce dysmenorrhea by getting enough rest.

Keywords: dysmenorrhea, knowledge, behavior, self-medication