

ABSTRAK

Nama : Yemima Grace

Program Studi : Farmasi

Judul : Hubungan Tingkat Pengetahuan dan Perilaku Dalam Mengatasi Dismenore Terhadap Aktivitas Belajar Siswi SMAN 59 Jakarta Timur Tahun 2022/2023

Dismenore merupakan rasa nyeri yang dialami wanita saat menstruasi datang. *Dismenore* dapat mengganggu berbagai kegiatan, terkhusus aktivitas belajar siswi SMA dikarenakan rasa nyeri haid yang dirasakan. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan dan perilaku dalam mengatasi *dismenore* terhadap aktivitas belajar siswi SMAN 59 Duren Sawit, Jakarta Timur. Jenis penelitian yang digunakan adalah deskriptif analitik, pendekatan *cross sectional* dengan teknik *purposive sampling*. Populasi pada penelitian ini adalah siswi kelas X dan XI SMAN 59 Duren Sawit, Jakarta Timur. Jumlah sampel penelitian sebanyak 168 responden. Hasil penelitian menunjukkan hubungan tingkat pengetahuan dan perilaku *dismenore* terhadap aktivitas belajar siswi SMAN 59 Duren Sawit, Jakarta Timur. Persentase tingkat pengetahuan siswi SMAN 59 Jakarta Timur tentang *dismenore* dengan kategori cukup sebanyak 132 responden (78,6%), kategori baik sebanyak 17 responden (10,1%), dan kategori kurang sebanyak 19 responden (11,3%). Persentase perilaku *dismenore* terhadap aktivitas belajar siswi SMAN 59 Jakarta Timur dengan kategori baik sebanyak 120 responden (71,4%) dan kategori cukup sebanyak 48 responden (28,6%).

Kata Kunci:

Dismenore, Pengetahuan, Perilaku, Aktivitas Belajar

ABSTRACT

Name : Yemima Grace

Study Program : Farmasi

Title : *Correlation between the level of Knowledge and behavior in Overcoming with dysmenorrhea on Learning Activities of SMAN 59 East Jakarta Students in 2022/2023*

Dysmenorrhea is the pain experienced by women when menstruation comes. Dysmenorrhea can interfere with various activities, especially high school students learning activities due to the feeling of menstrual pain. This study aims to determine correlation between the level of knowledge and behavior in overcoming dealing with dysmenorrhea on the learning activities of female students at SMAN 59 Duren Sawit, East Jakarta in 2022/2023. Type of research is descriptive analytic, cross sectional approach with purposive sampling technique. Population in this research were students of class X and XI at SMAN 59 Duren Sawit, East Jakarta. Number of samples is 168 respondents. Results of this research show that there is a correlation between level of knowledge and the behavior of dysmenorrhea towards learning activities of SMAN 59 female students at Duren Sawit, East Jakarta. Percentage of knowledge level of female students at SMAN 59 East Jakarta about dysmenorrhea in sufficient category was 132 respondents (78.6%), in good category were 17 respondents (10.1%), and in less category were 19 respondents (11.3%). Percentage of dysmenorrhea behavior towards learning activities of female students at SMAN 59 East Jakarta was in good category with 120 respondents (71.4%) and in sufficient category with 48 respondents (28.6%).

Keywords:

Dysmenorrhea, Knowledge, Behavior, Learning Activities