



The Effectiveness of Adolescent Reproductive Health Education on Attitude in Facing Pre Menstrual Syndrome in Students of Class X OTKP At SMKN 1 Binjai in 2018

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Abstract

One of the children's health efforts at community health center, established through the Presidential Instruction, is the Youth Care Health Service (*PKPR*), specifically aimed at increasing the knowledge and skills of adolescents about the reproductive health. Based on the Indonesian Health Profile, it was known that 11 provinces (32.4%) have not achieved the Strategic Plan target, set at 30%, in 2016, North Sumatra province reached 23.47%. Common problems in adolescents related to menstruation are dysmenorrhea (67.2%) and pre-menstrual syndrome (PMS) 63.1%. Pre-menstrual syndrome (PMS) is a collection of physical, emotional, psychological symptoms experienced by women during the luteal phase of each menstrual cycle (7-14 days before menstruation). This study aims to determine the Effectiveness of Adolescent Reproductive Health Education Against Attitudes in Facing Pre Menstrual Syndrome in Students of Class X OKTP at SMKN 1 Binjai 2018. This study used one group Pretest Posttest design. All students of grade 10 OTKP, 83 people, became the population in this study, and the entire population was used as a research sample. The primary data, collected through questionnaire sheets, were analyzed by the Wicolxon Test. Through the research with the wicolxon test, it was found that the p value was 0,000, where the p value was $0,000 < \alpha (0,05)$, then H_0 was rejected which means that this research was meaningful, and this study concluded that adolescent reproductive health education was effective in increasing the attitude of female students in facing the pre menstrual syndrome. The results of the study are expected to be information and literature material for further research, health workers are also expected to provide child health counseling.

Keywords : Adolescent Reproductive Health Education, Attitude

INTRODUCTION

According to WHO, women's problems in Indonesia are related to PMS disorders (38.45%), nutritional problems related to anaemia (20.3%), learning disorders (19.7%), psychological disorders (0.7%), and the problem of obesity (0.5%). In Indonesia, the prevalence rate of women experiencing PMS can reach 85% of the entire population of women of reproductive age, consisting of 60-75% experiencing moderate and severe PMS. Meanwhile, 1.07% - 1.31% of women from the number of patients with premenstrual syndrome came to the obstetrics department.

One of the factors that cause premenstrual syndrome is a lifestyle including sports activities, eating patterns and sleeping patterns. *Riskesdas* in 2010 explained that adolescent girls who were obese reached 11.9% and boys reached 8.8%. And lastly, the



incidence of adolescents who are overweight is 8.8%, an increase in the incidence of obesity to 10.8% which affects nutritional status and one of them is due to consuming fast food (Risikesdas, 2013).

In South Kalimantan Darul Hijrah Puteri High School. 60.9% of students do not do physical activity, 59.4% of students consume salty foods, 48.4% of students consume sweet foods and all of them are experiencing premenstrual syndrome (Safitri, R et al, 2016). Based on the results of research conducted by Wijayanti in 2014 regarding the Analysis of Factors Associated with the Incidence of Pre Menstrual Syndrome in Girls at MAN 1 Metro East Lampung where the results showed a relationship between stress, obesity and exercise habits with the incidence of Pre Menstrual Syndrome in young women.

The results of the research by Prajati and Nawangsih in 2014 on the correlation between Knowledge of Reproductive Health for Adolescents and Attitudes for Facing Pre Menstrual Syndrome at *SMP Mataram Kasihan Bantul* in 2014 showed that there was a relationship between knowledge of reproductive health of young women and attitudes towards premenstrual syndrome.

In North Sumatra, based on the results of research conducted by Susanto in a number of public hospitals in Medan, it was found that around 45% of women experienced premenstrual syndrome with low economic status (Wahyuni, 2014).

Based on the description above and a preliminary study conducted by researchers at SMKN 1 Binjai in March 2018, data on the number of class X students was 271 people, and based on the results of interviews with 5 students who were taken as samples for the preliminary study, 4 of them did not know about the syndrome. premenstrual and have a habit of consuming soft drinks and other junk food, and rarely exercise. By looking at this incident, the researchers are interested in conducting research on "The Effectiveness of Adolescent Reproductive Health Education in Facing Pre Menstrual Syndrome in Class X OKTP Students at SMKN 1 Binjai in 2018".

From the description based on the background above, the formulation of the problem in the study is "Is there an Effectiveness of Adolescent Reproductive Health Education on Attitudes in Facing Pre Menstrual Syndrome in Class X OKTP Students at SMKN 1 Binjai in 2018?".

METHOD

To find out the effectiveness of Adolescent Reproductive Health Education on Attitudes in Facing Pre Menstrual Syndrome in Class X OKTP Students at SMKN 1 Binjai in 2018. The data or information from this research can add insight to knowledge, especially regarding reproductive health, lifestyle and premenstrual syndrome. The type of research used is pre-experimental experimental research, namely the design used to reveal cause-and-effect relationships only by involving one group using the one group Pretest Posttest design where in this design there is no comparison group (control), but the first observation has been carried out. which allows testing the changes that occur after treatment (Notoatmodjo, 2010). The location of this research was conducted at SMKN 1 Binjai. The reasons for conducting research at this location are as follows:



1. No research has been conducted on the effectiveness of adolescent reproductive health education in dealing with premenstrual syndrome.
2. The number of young women in SMKN 1 Binjai that will be studied and used as a sample is quite a lot, namely 83 people.

This research was conducted for approximately six months starting from February 2018 to July 2018. Data collection was carried out in June 2018 and was taken for three days. The population is the entire research subject (Arikunto, 2010). The population in this study were all students of class X OTKP as many as 83 people. The sample is part or representative of the population under study (Arikunto, 2010). The sample size in this study was the entire population (total sampling) of 83 people. Lokasi dan Waktu Penelitian The type of data used in the study is primary data, namely data that is directly obtained or taken by the researcher to the respondent. The method of data collection is done by using a questionnaire sheet. When the respondent came to school, the researcher introduced himself to the respondent, then asked the respondent's approval in filling out the questionnaire sheet, after the respondent finished filling out the questionnaire sheet. This research was carried out until it met the desired sample, which amounted to 83 people and then the researchers carried out data processing.

RESULTS AND DISCUSSION

Results

From the research conducted on "The Effectiveness of Adolescent Reproductive Health Education on Attitudes in Facing Pre Menstrual Syndrome in Class X OTKP Students at SMKN 1 Binjai in 2018" it was obtained with a total of 83 respondents, an analysis of the discussion was carried out using the following formula:

The frequency distribution of the characteristics of the tenth grade OTKP student respondents at SMKN 1 Binjai in 2018 can be seen in the following table:

Tabel 1

Frequency Distribution of Respondents Characteristics of Class X OTKP at SMKN 1 Binjai in 2018

No.	Respondents Characteristics	N	%
1.	<i>Pre Menstrual Syndrome (PMS)</i>		
	Yes	64	77,1
	No	19	22,9
	Total	83	100
2.	Get Information		
	Ever	54	65,1
	Never	29	34,9
	Total	83	100
3.	Information Source		
	Media	12	14,5
	Environment	42	50,6
	Health Workers	0	0
	No Source	29	34,9
	Total	83	100



Based on the table above, it is known that the OTKP class X students at SMKN 1 Binjai in 2018, majority of students experienced Pre Menstrual Syndrome (PMS), the majority of students never received as much information about adolescent reproductive health, and the majority of the information sources were the media.

Attitude

The frequency distribution of the attitudes of class X OTKP students before and after being given adolescent reproductive health education at SMKN 1 Binjai in 2018 can be seen in the following table:

Table 2
Frequency Distribution of Attitudes of Class X OTKP Students Before Giving Adolescent Reproductive Health Education at SMKN 1 Binjai in 2018

No	Attitude	N	%
1	Positive	16	19,3
2	Negative	67	80,7
	Total	83	100

Based on the table above, it is known that the students of class X OTKP at SMKN 1 Binjai in 2018 before being given adolescent reproductive health education had a negative attitude of 67 people (80.7%).

Table 3
Frequency Distribution of Attitudes of Class X OTKP Students After Being Given Adolescent Reproductive Health Education at SMKN 1 Binjai in 2018

No	Attitude	N	(%)
1	Positive	64	77,1
2	Negative	19	22,9
	Total	83	100

Based on the table above, it is known that the students of class X OTKP at SMKN 1 Binjai in 2018 after being given health education the majority had a positive attitude of 64 people (77.1%).

Bivariate Analysis

The bivariate analysis to determine the effectiveness of Adolescent Reproductive Health Education on Attitudes in Facing Pre Menstrual Syndrome at SMKN 1 Binjai in 2018 was described as follows:

Hasil Uji Wilcoxon Signed Rank Test

The results of data analysis on differences in attitudes before and after being given adolescent reproductive health education using the Wilcoxon test. Wilcoxon test results are described in the following table:



Table 4
The Effectiveness of Adolescent Reproductive Health Education on Attitudes in Facing Pre Menstrual Syndrome in Students Class X OTKP at SMKN 1 Binjai in 2018

Health Education Attitude	Before		After		P
	N	%	N	%	
Positive	16	19,3	64	77,1	0,000
Negative	67	80,7	19	22,9	
Total	83	100	83	100	

Based on the table above, it is known that there was an influence of adolescent reproductive health education on the attitudes of class X OTKP students where after being given health education the majority have a positive attitude totaling 64 people (77.1%). From the table above, the p value was 0.000. H_0 is rejected if the p value < value. Because the p value is $0.000 < (0.05)$ then H_0 is rejected, which means that there are differences in student attitudes before and after being given adolescent reproductive health education.

Discussion

Attitudes of students before and after being given adolescent reproductive health education

Based on the results of the research in tables 4.2 and 4.3 above, it is known that the students of class X OTKP at SMKN 1 Binjai in 2018 before being given adolescent reproductive health education the majority had a negative attitude as many as 67 people (80.7%) and after being given health education the majority had a positive attitude as many as 64 people (77.1%).

Prajati and Nawangsih (2014) in their research said that there was a significant relationship between female adolescent reproductive health knowledge and attitudes in dealing with premenstrual syndrome at SMP Mataram Kasihan Bantul Tahun where it was proven that the coefficient r_{elast} was 0.799 and the p value was 0.003 ($p < 5\%$).

Wijayanti (2015) in his research said at MAN 1 Metro East Lampung with the conclusion that there was a relationship between obesity in adolescent girls and the incidence of PMS where the p value was 0.035. Stress in adolescent girls was also shown to be associated with the incidence of PMS where the p-value was 0.03. Exercise habits were also associated with PMS where the p-value was 0.039. This is partly because of the lack of information that young people get.

Based on the results of research conducted by researchers, 54 students (65.1%) of class X OTKP received information about adolescent reproductive health, of which 42 (50.5%) received information from the environment, and none of them received information from health workers. health. This research is in line with the theory which states that the factors that influence attitudes include personal experience, the influence of others, the influence of culture, mass media, educational institutions and religious



institutions, as well as emotional factors. In general, individuals tend to have a conformist attitude or the direction of the attitude of people who are considered important. The respondent's level of knowledge is very important in determining attitudes. Notoatmodjo (2012) says that behavior based on knowledge will be more lasting than behavior that is not based on knowledge. A person's knowledge of objects has a different intensity or level of knowledge.

According to the researcher's assumptions, a positive adolescent attitude indicates that adolescents have a supportive attitude and are able to carry out early treatment and early prevention of premenstrual syndrome. Prevention carried out by respondents includes exercising before menstruation to prevent menstrual pain, avoiding stress that causes anxiety, respondents also tend to like reading articles or books about how to deal with menstrual pain. School facilities such as UKS can be used by teenagers when experiencing menstrual pain, for example resting in the UKS room.

Adolescents with negative behavior are not able to take countermeasures such as not eating nutritious foods before menstruation, and being lazy to record their menstrual cycles because they think it is a waste of time. Adolescents who are unable to cope with premenstrual syndrome cause them to have difficulty concentrating at school when they have menstrual pain. Thus, it takes a wise attitude from parents, educators and society in general as well as from the youth themselves so that they can have a positive attitude in dealing with premenstrual syndrome.

The effectiveness of adolescent reproductive health education on attitudes in dealing with premenstrual syndrome

Based on the results of the study in table 4.4 above, it is known that there is an influence of adolescent reproductive health education on the attitudes of class X OTKP students where as many as 83 respondents experienced changes. From the table above, the p value is 0.000. H_0 is rejected if the p value < value. Because the p value is $0.000 < (0.05)$ then H_0 is rejected, which means there are differences in the level of student attitudes before and after being given adolescent reproductive health education, it can be concluded that the provision of adolescent reproductive health education to female students is quite effective in improving student attitudes in dealing with premenstrual syndrome.

According to the results of research conducted by Setiowati (2014) based on the statistical paired sample t test, it was found that a p value of 0.000 was smaller than the alpha value of 5% (0.05). Based on the requirements of $p < 0.05$, it can be concluded that the provision of reproductive health education to students is quite effective in increasing students' knowledge.

The results of the research carried out are in line with the opinion of Irliana (2014) in her research that the results of data analysis paired sample t test of adolescent knowledge about premenstrual syndrome obtained a t-count value of -5.862 while the t-table at $df = 33$ is -2.035 so that $-t \text{ count} < -t \text{ table}$ ($-5.862 < -2.035$ and $p = 0.00$ ($p < 0.05$)). From the description above and by calculating the results of the t test (paired t test) it can be concluded that there is an effect of counseling on the level of knowledge of



adolescents about pre-disease syndrome. menstruation indicated by significant pretest and posttest results.

This research is in line with the theory which says that health education is an appropriate effort in the context of fostering and improving public health behavior. It can be concluded that health education is a form of intervention or effort aimed at behavior so that the behavior is conducive to health. In other words, health education strives for the behavior of individuals, groups or communities to have a positive influence on the maintenance and improvement of health. One of the stages in health education is the education stage where the goals in this stage are to increase knowledge, change attitudes and lead to the desired behavior.

According to the researcher's assumption, the role of health workers in the importance of health education in this case with counseling is very important to increase a person's knowledge, attitudes and behavior. Moreover, each individual has a different level of capture power. So that health education in this case with counseling is needed to instill health values in a person. Guidance through this counseling can be provided on an ongoing basis so that it is expected to increase the knowledge of adolescents and influence the behavior of the individual so that in the end it can reduce morbidity and disease in

CONCLUSIONS AND SUGGESTIONS

Conclusion

Based on the results of research on "The Effectiveness of Adolescent Reproductive Health Education on Attitudes in Facing Pre Menstrual Syndrome in Class X OTKP Students at SMKN 1 Binjai in 2018" the following conclusions can be drawn:

1. Before being given reproductive health education, the majority of adolescents had a negative attitude as many as 67 people (80.7%) and after being given health education the majority had a positive attitude as many as 64 people (77.1%).
2. The p value is 0.000 where the p-value is $0.000 < (0.05)$ then H_0 is rejected, which means this research is significant.

Suggestion

The suggestions that the author can convey in this research are it is hoped that it can be a significant input for health workers in carrying out one of the child health efforts stipulated through the Presidential Instruction, namely the Youth Care Health Service (*PKPR*) by providing health education/ counseling. It is hoped that it can be used as input, to become library material, information and add reference material both at SMKN 1 Binjai and other instution.



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