

HUBUNGAN ANTARA DYSMENORRHEA DENGAN AKTIVITAS BELAJAR
MAHASISWI DI PROGRAM STUDI ILMU KEPERAWATAN
SEKOLAH TINGGI ILMU KESEHATAN ALMA ATA

INTISARI

Latar Belakang: *Dysmenorrhea* adalah masalah kesehatan umum reproduksi yang terjadi terutama antara siswa perempuan dalam haid mereka. Hal ini terkait dengan dampak negatif terhadap aktivitas kegiatan termasuk akademik, sosial, dan kegiatan olah raga dan juga menjadi penyebab utama absen pada siswa perempuan.

Tujuan: Untuk menentukan hubungan antara *Dysmenorrhea* dan kegiatan belajar pada siswa perempuan di Sekolah Keperawatan, Stikes Alma Ata.

Metode: Penelitian ini merupakan rancangan penelitian kolrelasional analitik *cross sectional*. Sampel terdiri benar-benar diambil 35 siswa perempuan yang menderita *Dysmenorrhea* pada sebelumnya tiga bulan. Tingkat *Dysmenorrhea* diukur menggunakan *Categorical Rating Scale* dan kuesioner menggunakan untuk kegiatan belajar diukur dari siswa perempuan.

Hasil: siswa yang tidak menderita *Dysmenorrhea* di tiga bulan sebelumnya dikeluarkan dari analisis data. Prevalensi *Dysmenorrhea* adalah ($n = 35$); ini, 45,7% di jelaskan tingkat nyeri haid berat, 40,0% sebagai sedang, dan 14,3% sebagai ringan. Kegiatan belajar pada siswa perempuan ketika mengalami *Dysmenorrhea* cukup terganggu (74,3%) dan sangat terganggu (11,4%). Hasil uji memperlihatkan hubungan yang signifikan antara *Dysmenorrhea* dan kegiatan belajar antara siswa perempuan sebesar $0,005 < \alpha (0,05)$

Kesimpulan: ada hubungan antara aktivitas *Dysmenorrhea* dan belajar di antara siswa perempuan.

Kata Kunci: *Dysmenorrhea*, Aktivitas belajar.

**RELATIONSHIP BETWEEN DYSMENORRHEA AND LEARNING ACTIVITIES
AMONG FEMALE NURSING STUDENTS,
ALMA ATA**

ABSTRACT

Background : Dysmenorrhea is the common reproductive health problem that occur mostly among female students in their menstruation. It is associated with a negative impact on daily activities including academic, social, and sport activities and also the major cause of absence in female students.

Objectives : To determine the relationship between dysmenorrhea and learning activities at female students in School of Nursing, Stikes Alma Ata.

Method : The research was a cross sectional design. Sample consisted of totally taken 35 female students who suffered from dysmenorrhea in the previous three months. Rate of dysmenorrhea was measured using Numeric Rating Scale and questionnaire is used to measure learning activities of female students. Data analysis used spearman rank test.

Result : student who had not suffered from dysmenorrhea in the previous three months were excluded from the data analysis. The prevalence of dysmenorrhea was ($n=35$); of these, 45,7% described their menstrual pain as severe, 40,0% as moderate, and 14,3% as mild. Learning activities at female students when experiencing dysmenorrhea are quite disrupted (74,3%) and severely disrupted (11,4%). The result test showed significant relationship between dysmenorrhea and learning activities among female student $0,005 < \alpha (0,05)$

Conclusion : there was a relationship between dysmenorrhea and learning activities among female student.

Keyword : Dysmenorrhea, learning activities.