

Health Education for Adolescent Girls in Overcoming Dysmenorrhea without Medication

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ABSTRACT

Dysmenorrhea is pain in the lower abdomen during menstruation which is generally caused by contractions of the myometrium due to prostaglandin production. In Indonesia, 43-93% girls experiencing dysmenorrhea. When experiencing unbearable menstrual pain, many women need medication to relieve it. However, the use of drugs often has side effects on the body. One of the non-pharmacological management methods that can be used is relaxation techniques that inhibit the brain from producing pain sensations and do not cause side effects for the body. The purpose of the community service activities carried out at Senior High School 1 Kandat, Kediri Regency is to provide education about non-pharmacological therapy methods in reducing the intensity of dysmenorrhea pain that are easy to apply, especially to adolescent girls when experiencing menstrual pain. The population of this community service is female students. The implementation of this community service activity is by providing health education on how to overcome menstrual pain without medication. The result of this activity was an increase in the level of knowledge of 85% of female students on how to overcome menstrual pain without medication. This activity concludes that it was implemented and resulted in changes by the target output, namely knowledge on overcoming menstrual pain without medication. It is hoped that the counseling provided can be implemented routinely and applied.

Keywords: Adolescent, Dysmenorrhea, Education, Health

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INTRODUCTION

Adolescence is a critical period in human life where there is rapid physical, psychosocial, cognitive and emotional growth as well as sexual and reproductive maturity. One of the signs of puberty in girls is menarche. Menstruation can be defined as periodic bleeding from the uterus that occurs every month and throughout a woman's active reproductive life (Lehtimäki, et al., 2019).

One of the problems that teenagers often complain about related to menstruation is dysmenorrhea or abdominal pain during menstruation. Dysmenorrhea generally occurs in the first years after menarche in adolescent girls. Data from WHO found that 90% of women

experience dysmenorrhea. Research conducted in various other countries shows that the incidence of primary dysmenorrhea in each country is reported to be more than 50%. In Indonesia, the incidence of dysmenorrhoea consists of 72.89% primary dysmenorrhea can occur every time you menstruate due to changes in the hormone prostaglandin which triggers uterine contractions but is not caused by disease or other medical causes. and 21.11% secondary dysmenorrhea is menstrual pain that can be triggered by problems with the reproductive organs with pain that is more severe and lasts longer than primary dysmenorrhea (Pangestu, 2020).

Dysmenorrhea can cause discomfort and pain that is felt often results in women not being able to do activities so they have to rest. Several actions can be used to reduce pain in the incidence of dysmenorhea, namely pharmacologically and non-pharmacologically. However, the use of pharmacological therapy often has side effects for the body, such as nausea and headaches so it needs consideration to use it. One of the non-pharmacological management that can be used is a relaxation technique that serves to inhibit the brain from releasing pain sensations and does not cause side effects to the body using essential oils, effleurage, and physical exercise (Bobak, 2019).

The purpose of the community service activities carried out at Senior High School 1 Kandat, Kediri Regency is to provide education about non-pharmacological therapy methods in reducing the intensity of dysmenorrhea pain that are easy to apply, especially to adolescent girls when experiencing menstrual pain.

METHODS

This community service activity was attended by 20 female students of SMA 1 Kandat and was held on Thursday, February 15, 2024. The method used in this activity was to provide education to young women on how to deal with menstrual pain. Measurement of the level of knowledge was carried out by giving pre-test questions before health education and post-test questions after health education.

RESULTS

The implementation of community service activities with the theme "Education to Overcome Dysmenorhea without Medicine" is by providing health education on how to overcome menstrual pain without medication. This activity concludes that this activity was carried out and resulted in changes in accordance with the target output, namely knowledge on how to overcome menstrual pain without medication. The health education materials presented include the definition of menstruation, menstrual cycle, period symptoms, dysmenorrhea, types of dysmenorrhea, causes of dysmenorrhea, and how to deal with menstrual pain.

Table 1. Level of knowledge of female students on how to overcome menstrual pain

Level of knowledge	Pre-test		Post-test	
	n	%	n	%
Good			17	85
sufficient	14	70	3	15
Less	6	30	0	0
Total	20	100%	20	100%

From Table 1 it can be seen that after being given health education there was an increase in female students' knowledge to 85% with good knowledge. This shows that participants are very enthusiastic about increasing their knowledge about how to overcome menstrual pain without medication.



Figure 1. Documentation of activities

DISCUSSION

Dysmenorrhea usually occurs before menstruation begins due to the influence of increased prostaglandins. The intensity of pain will decrease in line with decreasing levels of prostaglandin hormones. Pain is an individual and complex experience. The difference in the intensity of dysmenorrhea pain felt by each respondent can be caused by the difference in the start time of menstruation. According to the results of the study, the start time of menstruation varies from the evening of the previous day, in the morning when at school until noon to afternoon when almost after school (Ferries-Rowe, 2020).

This is in accordance with the opinion of Koohpayeh, et al. (2021) which states that menstrual pain is most often felt on the first or second day of menstruation (24-48 hours) along with the time of release of maximum prostaglandin hormone levels in menstrual blood. The difference in the intensity of menstrual pain felt by each respondent can also be caused by differences in perception of the pain experienced. A person's pain experience is influenced by several factors that can then increase or decrease the perception of pain, including: tolerance or individual response to pain i.e. previous pain experiences, culture, anxiety, gender, age and expectations of pain relief efforts.

Menstrual pain causes discomfort in women. The pain felt during menstruation often causes women to be unable to do activities so they have to rest (Reeder and Martin, 2011). Several actions can be used to reduce pain in dysmenorrhea, namely pharmacologically and non-

pharmacologically. Pharmacological management is by administering a combination of hormonal contraception, and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) (Varney, 2004).

However, the use of drugs often has side effects on the body, such as nausea and headaches, so consideration is needed to use them (Quilligan and Zuspan, 1990). One non-pharmacological management that can be used is relaxation techniques that inhibit the brain from releasing pain sensations and do not cause side effects for the body (Varney, 2004). Relaxation techniques include warm compresses, aromatherapy massage, effleurage, and physical exercise (Bobak et al., 2004).

CONCLUSION

This activity concludes that it was implemented and resulted in changes by the target output, namely knowledge on overcoming menstrual pain without medication. It is hoped that the counseling provided can be implemented routinely and applied.

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