Maulidah, Nurul (2016). The Relationship between Knowledge about Premenstrual Syndrome and The Anxiety of Teenage Girls in Facing Premenstrual Syndrome in Junior High School 1 of Kasihan, Bantul, Yogyakarta

Advisor :

    Nur Azizah Indriastuti, S.Kep., Ns., M.Kep

ABSTRACT

Background: 75% of teenage girls endured symptom of premenstrual syndrome. The lack of knowledge, experience, and information among teenage girls about premenstrual syndrome could aggravate the symptom felt so that it created anxiety. Anxiety that could happen in teenage girls among others: restlessness, cold sweat, fear, and various health problem that could disturb daily activities.

Research Objective: The objective of the research was to find out the relationship between knowledge about premenstrual syndrome and the anxiety of teenage girls in facing premenstrual syndrome in Junior High School 1 of Kasihan, Bantul, Yogyakarta.

Method: The kind of the research was non-experimental correlation descriptive with cross sectional method. The data were analyzed using statistic test of Sperman Rank. The population of the research was teenage girls in Junior High School 1of Kasihan, Bantul, with sample of 80 respondents. The sample collecting technique used Simple Random Sampling. The instrument in the research was questionnaire of knowledge about premenstrual syndrome and questionnaire of anxiety using questionnaire of Hamilton Anxiety Rating Scale (HARS).

Result: The majority of the respondents had less knowledge on premenstrual syndrome i.e. 36 respondents (45%) and who endured heavy anxiety when having premenstrual syndrome were 25 respondents (31.2%). There was relationship between knowledge about premenstrual syndrome and the anxiety among teenage girls when facing premenstrual syndrome in Junior High School 1 of Kasihan with significancy value of $p = 0.047$ (< 0.05) and Pearson correlation value of $r = 0.222$) that showed positive correlation with low/ weak correlation level/ strength.

Conclusion: There was significant relationship between the level of knowledge about premenstrual syndrome and the anxiety of the teenage girls when facing premenstrual syndrome in Junior High School 1 of Kasihan, Bantul.

Keywords: Knowledge, Anxiety, Premenstrual Syndrome

INTISARI

Latar Belakang: Latar Belakang:75% remaja mengalami gejala *premenstrual syndrome*. Kurangnya pengetahuan, pengalaman dan informasi pada remaja putri tentang *premenstrual syndrome* dapat memperberat gejala yang dirasakan sehingga menimbulkan kecemasan. Kecemasan yang dapat terjadi pada remaja antara lain gelisah, keringat dingin, takut, dan berbagai gangguan kesehatan yang dapat mengganggu aktivitas sehari-hari.

Tujuan Penelitian: Tujuan dari penelitian ini untuk mengetahui hubungan antara pengetahuan tentang *premenstrual syndrome* dengan kecemasan remaja putri saat menghadapi *premenstrual syndrome* di SMP Negeri 1 Kasihan Bantul Yogyakarta. **Metodologi:** Jenis penelitian ini adalah deskriptif korelasi non-eksperimental dengan pendekatan *cross sectional,* data dianalisa dengan uji statistik *Sperman Rank*. Populasi penelitian ini adalah remaja putri di SMP Negeri 1 Kasihan Bantul, dengan sampel sebanyak 80 responden dengan teknik *Simple Random Sampling*. Instrument dalam penelitian ini adalah kuesioner pengetahuan tentang *premenstrual syndrome* dan kecemasan menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HARS).

Hasil: Mayoritas responden memiliki pengetahuan yang kurang tentang *premenstrual syndrome* yaitu 36 responden (45%) dan mengalami kecemasan berat saat *premenstrual syndrome* yaitu 25 responden (31,2%). Terdapat hubungan antara pengetahuan tentang *premenstrual syndrome* dengan kecemasan remaja putri saat menghadapi *premenstrual syndrome* di SMP Negeri 1 Kasihan dengan nilai *significancy* p=0,047 (<0,05) dan nilai korelasi Pearson (r= 0,222) menunjukkan korelasi positif dengan kekuatan korelasi lemah.

Kesimpulan: Terdapat hubungan yang signifikan antara tingkat pengetahuan tentang *premenstrual syndrome* dengan kecemasan remaja putri saat menghadapi *premenstrual syndrome* di SMP Negeri 1 Kasihan Bantul.

Kata Kunci: *Pengetahuan, Kecemasan, Premenstrual Syndrome*