INCIDENCE OF DYSMENRHOEA IN YOUNG WOMEN AT JUNIOR HIGH SCHOOL DISTRICT OF BAKI SUKO HARJO

ABSTRACT

Background: Menstruation is a natural cycle that shows the perfection of healthy women. Menstruation is a period of bleeding that occurs in women in each of the Fur (Laila, 2011). Women whose menstruation experiences physical discomfort and women have been tormented during mentruation. Menstruation occurs about 3 to 8 days. Objective: To know the incidence of dysmenrhoea in young women in the district of Baki Sukoharjo. Methods: Detailed research, data retrieval techniques with random sampling cluster techniques, sample 91 respondents, research instruments with checklist sheets. Results: The results of univariate analysis known to most teenagers are between the ages of 13-15 years of 72 respondents (79.1%), most of the age of menarche in teenagers is aged more than 12 years as many as 63 respondents (69.2%), the majority of teenagers experienced a longer menstrual cycle of more than 35 days as many as 71 respondents (78%), most teenagers experienced a dysmenrhea of 60 respondents (65.9%). Conclusion: Incidence of dysmenrhoea in most adolescents aged 13-15 years, age menarche more dari 12 years, menstrual cycles longer than 35 days and many have undergone dysmenrhea.

Keywords: menarche, dysmenrhea Genesis, adolescent characteristics.