

THE RELATIONSHIP BETWEEN INFORMATION SOURCES AND ADOLESCENT GIRLS' KNOWLEDGE ABOUT THE MANAGEMENT OF PREMENSTRUAL SYNDROME IN SMPN 3 KARANG INTAN REGENCY, BANJAR

Isti Qomah¹⁾, Nor Aina Aulia²⁾

^{1,2)} DIII Midwifery, YAPKESBI Midwifery Academy Banjarbaru, Indonesia

Email : m.riopratahutomo@gmail.com

ABSTRACT

Pengetahuan mengenai Premenstrual Syndrome (PMS) sangat penting bagi wanita karena hampir seluruh wanita yang sedang menstruasi mengalami gejala Premenstrual Syndrome (74%). Kurangnya informasi dan kurangnya peran orang tua dalam penanganan Premenstrual Syndrome seringkali menjadi salah satu permasalahan yang membuat mereka kurang tepat dalam mengambil keputusan. Penelitian ini bertujuan untuk melihat hubungan sumber informasi pengetahuan pada remaja putri terhadap pengobatan sindrom pramenstruasi di SMPN 3 Karang Intan Kabupaten Banjar. Desain penelitian ini menggunakan metode survei analitik dengan pendekatan cross sectional. Variabel bebas meliputi sumber informasi dan variabel terikat yaitu pengetahuan remaja putri. Hasil penelitian menunjukkan terdapat hubungan antara sumber informasi dengan pengetahuan remaja putri tentang penanganan premenstrual syndrome (PMS) dengan nilai $p = 0,036$. Kesimpulan penelitian ini adalah terdapat hubungan antara sumber informasi dengan pengetahuan remaja putri tentang penatalaksanaan sindrom pramenstruasi.

Kata Kunci: Sumber Informasi, Pengetahuan, Penatalaksanaan Premenstrual Syndrom

ABSTRACT

Knowledge of Premenstrual Syndrome (PMS) is very important for women because almost all women who menstruate experience symptoms of Premenstrual Syndrome (74%). Lack of information and lack of role of parents in the management of Premenstrual Syndrome is often one of the problems that make them less correct in making decisions. This study aims to see the relationship between knowledge information sources in adolescent girls to the treatment of premenstrual syndrome at SMPN 3 Karang Intan, Banjar Regency. The design of this study uses an analytical survey method with a cross sectional approach. Independent variables include information sources and dependent variables, namely adolescent women's knowledge. The results of the study showed that there was a relationship between information sources and adolescent girls' knowledge about handling premenstrual syndrome (PMS) with a value of $p = 0.036$. The conclusion of this study is that there is a relationship between information sources and adolescent girls' knowledge about the management of premenstrual syndrome.

Keywords: Source of Information, Knowledge, Management of Premenstrual Syndrome

BACKGROUND

Premenstrual Syndrome (PMS) according to *the World Health Organization* (WHO) is a condition where a number of symptoms occur regularly and are related to the menstrual cycle, symptoms sometimes appear 7-10 days before menstruation and disappear when menstruation begins. Symptoms can be found in *Premenstrual Syndrome* (PMS) or premenstrual syndrome, namely physical changes, mood swings and mental changes. During this period, adolescents will experience menstruation as a sign of the maturity of the female reproductive system. Adolescents who experience menstrual symptoms can interfere with daily and emotional activities as much as 74%. These symptoms appear even before menstruation comes (Christie, 2019). The age categorization of adolescents starts from 12-24 years old (WHO, 2019) and about one-fifth of the world's population, namely adolescents aged 10-19 years. Women who are said to have entered reproductive age experience PMS symptoms as much as 90%. The estimated incidence of PMS symptoms ranges from 25-100% in women who experience menstruation (Mariana, 2018).

According to the World Health Organization (WHO) in 2015, adolescents with an age range of 10-19 years. About nine hundred million of those adolescents live in developing countries. Based on projections by the National Development Planning Agency (Bappenas), the Central Statistics Agency (BPS), and the United Population Fund (UNFPA), the number of Indonesia's population in 2020 will reach 271 million people. The number of female population is estimated to reach 134.92 million people and male population 136.14 million people (Yuliarti, 2020). The prevalence of STDs is higher in Asian countries compared to Western countries. Menstrual disorders in Indonesia occur around 38.45% according to research conducted by the Adolescent Friendly Health Service (PKRR) under the auspices of WHO in 2012. The incidence of Menstrual Syndrome is found in Asia as much as 98%, (WHO, 2019 in Dinaniar, 2021). In Asia Pacific states, as many as 63% of PMS sufferers said they had never done a self-examination with a doctor because they considered that Premenstrual Syndrome and PMDD (premenstrual dysphoric disorder) were natural things that had to be lived through (Proverawati, 2009). In Indonesia itself, the prevalence of PMS can reach 85% of the entire productive age population consisting of 60-75% experiencing moderate and severe premenstrual syndrome, in addition, according to Damayanti in Syajaratuddur, 2015) stated that the

problems experienced by women in Indonesia around the problem of STD disorders are 38.5% (Syajaratuddur 2015).

Based on data from the Banjarmasin City Health Office, it was found that in 2017 the number of adolescents who experienced menstrual disorders was 1118 adolescents and in 2018 there was an increase, namely there were 1189 adolescents, while in 2019 there was a decrease to 586 adolescents who experienced menstrual disorders (Banjarmasin City Health Office, 2020). The occurrence of menstrual disorders or STDs due to the lack of information and the lack of parental role in premenstrual management Syndrome is often one of the problems that make them less correct in making decisions. Research conducted by Parvathy Nair, et al. 41% of girls got information about menstruation from their mothers, 22.4% got information from sisters, 21% from friends, 4.45% from television, and 3.3% from girls (Larasati, 2018).

Premenstrual syndrome is considered a problem in adolescent girls because of their inability to do activities, and failing school exams, so their academic performance can decline due to difficulty concentrating, and they can even become irritable or cry more than usual. Therefore, premenstrual syndrome is very important to be paid more attention to in order to be able to monitor the physiological condition of the menstruation in adolescence. Treatment efforts can reduce the symptoms felt. Efforts to handle premenstrual syndrome are influenced by knowledge, socio-economic, educational, physical condition, information and maturity factors. Knowledge greatly influences a person in determining an attitude towards a problem.

The information gap in the community is still not felt, especially when compared between urban and rural communities. This cannot be separated from the lack of internet access for information equity, as well as the low level of some people in terms of education, especially in knowledge, especially in the field of information in the region. Based on a preliminary study conducted at SMPN 3 Karang Intan, the results were obtained that 6 female students did not know about the symptoms of premenstrual syndrome or its treatment, so the researcher was interested in conducting a study with the title of the relationship between information sources and the knowledge of adolescent girls about the treatment of premenstrual syndrome at SMPN 3 Karang Intan.

SUBJECT AND METHOD

1. Study Design

The design of this study uses an analytical survey method with a cross sectional approach.

2. Population and Sample

The population in this study is all adolescent girls in grades VII, VIII and IX at SMPN 3 Karang Intan, the sampling technique used is a total sample of 43 adolescent girls in grades VII, VIII and IX at SMPN 3 Karang Intan.

3. Research Variables

The independent variable in this study is the source of information and knowledge, while the dependent variable in this study is the treatment of premenstrual syndrome.

4. Operational Definition

Information sources are all information obtained by respondents about the treatment of premenstrual syndrome from trusted sources such as electronic media, print media, health workers and parents.

Knowledge is the result of a young woman's knowledge about the treatment of premenstrual syndrome.

5. Research Instruments

This study uses a questionnaire.

6. Data Analysis

Data analysis was carried out univariate to find out the description of frequencies between variables and bivariate analysis to determine the relationship between free variables and bound variables using chi squares.

RESULT

Table 1. Source of information on the treatment of Pre Menstrual Syndrome (PMS) in adolescent girls at SMPN 3 Karang Intan

	It	Resources	Sum	(%)
1.	Ever		21	48,8
2.	Never		22	51,2
	Sum		43	100,0

Based on table 1, it is known that most of the young women have never received information as many as 22 people (51.2%) and have received information as many as 21 people (48.8%).

Table 2. Knowledge about Handling *Pre-Menstrual Syndrome* in Adolescent Girls at SMPN 3 Karang Intan

It	Knowledge	Frequency	(%)
1.	Good	11	25,6
2.	Enough	17	39,5
3.	less	15	34,9
	Sum	43	100,0

Based on table 2, it is known that most young women have sufficient knowledge as many as 17 respondents (39.5%), 15 people (34.9%) have insufficient knowledge and 11 people (25.6%) have good knowledge.

Table 3. The Relationship of Information Sources with Adolescent Women's Knowledge about the Treatment of Premenstrual Syndrome in Adolescent Girls at SMPN 3 Karang Intan

Resources	Knowledge						n	%
	Good		Enough		Less			
	n	%	n	%	n	%		
Ever	9	20,9	7	16,3	5	11,6	21	48,8
Never	2	4,7	10	23,3	10	23,3	22	51,2
Total	11	25,6	17	39,5	15	34,9	43	100
Chi Square test p = 0.036 α = 0.05								

Based on table 3, it was found that 10 young women who did not get information had sufficient and insufficient knowledge, as many as 2 people (4.7%) had good knowledge. Meanwhile, those who had received information had good knowledge as many as 9 people (20.9%), sufficient knowledge as many as 7 people (16.3%) and less knowledge as many as 5 people (11.6%). Based on the results of the SPSS test using chi-Square, a value of $p = 0.036$ was obtained, which means that there is a relationship between information sources and adolescent girls' knowledge about handling premenstrual syndrome (PMS).

DISCUSSION

Based on table 1, some young women have never received information as many as 22 people (51.2%) and have received information as many as 21 people (48.8%). One of the factors that lack information sources in adolescents includes that there has never been counseling or health education regarding the treatment of premenstrual syndrome at SMPN 3 Karang Intan. Counseling or demonstrations are a source of information that can be obtained through competent health workers in their fields. The results of this study are in line with research from Nurul (2016) the majority of respondents have not received information about premenstrual syndrome, sources of information can be obtained from anywhere such as electronic media, the internet, and the surrounding environment.

The results of this study are not in line with the research of Fitri, et al. (2021) that most respondents get information about premenstrual syndrome through electronic media. According to Fitri, et al. (2017) that schools play an important role in the formation of adolescent knowledge. Teenagers who have more information from school about menstruation will be able to understand more about menstrual disorders. This is also influenced because on average almost all teachers in schools now have made a lot of use of technology with the aim that students do not get bored and students feel faster to understand with real examples of images and sounds. A person who has more sources of information will have a wider knowledge.

According to Stuart and Sundeen (2010), the lack of information obtained by a person causes ignorance of something so that the ignorance causes a lack of knowledge and experiences anxiety. The more sources of information a person obtains can increase their knowledge of something, with the increase in knowledge a person can be used to overcome problems so that a person's anxiety can be reduced. The source of information about premenstrual syndrome is a key component of any therapy. Confirmation with symptoms and reassurance that the disease is a treatable condition alone is in itself an auditory. Women who have a good psychoemotional balance, consider menstruation as a normal thing, are not prone to suffer from premenstrual syndrome, on the contrary, psychoneurotic women who consider menstruation as an abnormality, are more likely to show excessive symptoms (Numalia, 2015).

According to Notoatmodjo (2014) information sources are everything that is an intermediary in conveying information, stimulating thoughts and abilities, and increasing knowledge, because to get information sources, health promotion media is all means or

efforts to display messages or information that communicators want to convey, be it through print media, electronics (TV, radio, computers, and so on) and outdoor media, So that the target can increase knowledge which is finally expected to change their behavior in a positive direction. Based on table 2, it was found that most of the young women had sufficient knowledge as many as 17 respondents (39.5%), 15 people (34.9%) lacked knowledge and 11 people (25.6%) had good knowledge.

The source of information itself is an external factor that can affect someone's knowledge. Information sources become intermediaries in conveying information, information media for mass communication. Information sources can be obtained through print, electronic media and health workers (Notoatmojo, 2003). An example of a source of information that can be obtained through health workers is counseling. The results of the study are in line with the results of research from Ningsih (2016) where the majority of respondents aged 13 years have less knowledge about premenstrual syndrome, based on research respondents with the age of 13 years usually still do not like knowledge that requires seriousness in learning something.

The results of this study are in accordance with Notoadmojo's theory (2010), the factors that affect knowledge are the level of education, information, culture, experience and age. The results of this study are in accordance with BKKBN regarding the knowledge of premenstrual syndrome in adolescent girls is important to be given to adolescents so that adolescents can use their free adolescent time to carry out productive and healthy activities, because adolescents with low reproductive knowledge tend to commit various harmful actions (BKKBN, 2008). Knowledge is the result of knowing and this happens after a person senses a certain object (Notoadmojo, 2010). Based on table 3, the results of adolescent girls who did not get information had enough and insufficient knowledge as many as 10 people (23.3%), as many as 2 people (4.7%) had good knowledge. Meanwhile, those who had received information had good knowledge as many as 9 people (20.9%), sufficient knowledge as many as 7 people (16.3%) and less knowledge as many as 5 people (11.6%).

The results of the statistical test obtained a value of $p=0.036$, meaning that there is a relationship between information sources and the knowledge of adolescent girls about the treatment of premenstrual syndrome. Based on these results, it can be concluded that most adolescents who do not get information will have enough and less knowledge. This is because all respondents are still in their mid-teens and have not received information

about premenstrual syndrome, so the respondents' knowledge will be lacking in handling premenstrual syndrome.

This research is in line with Dwi, et.al (2020) with the results of the research Online social media health education affects respondents' knowledge about PMSThe knowledge is obtained through information from speech and writing as well as a person's experience. Knowledge is obtained through realization by listening to the radio, watching TV and others (Fitri, 2021). Information sources are knowledge gained from experience, and learning. However, this vocabulary has a myriad of meanings depending on the situation, the more information can affect a person's knowledge and increase awareness so that adolescents will behave according to their knowledge. So it is hoped that adolescents will be more active in finding sources of information about handling premenstrual syndrome so that adolescent girls at SMPN 3 Karang Intan have good knowledge, while the 3 sources of information obtained by adolescents are various namely magazines, newspapers, internet, radio, Posyandu, Puskesmas, and counseling.

AUTHOR CONTRIBUTIONS

Isti Qomah is the main researcher who plays a role in the formulation of articles, research and writing procedures, discussions and research discussions. Nor Aina Aulia plays a role in research data collection, data processing, data analysis and research discussion.

THE IMPORTANCE OF CONFLICT

There are no complications of interest in this study.

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