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HUBUNGAN TINGKAT AKTIVITAS FISIK DENGAN KEJADIAN DISMENORE
PADA REMAJA PUTRI KELAS XI DI SMK BINA CENDEKIA CIREBON

xv-49+4 tabel+4 skema+16 lampiran

ABSTRAK

Latar Belakang : Dismenore yaitu suatu keluhan yang sering dirasakan wanita saat menstruasi, rasa sakit yang umumnya terdapat diperut bagian bawah. Salah satu faktor resiko dismenore adalah Kurangnya aktivitas fisik yang menyebabkan keluhan dismenore meningkat. Nyeri terjadi akibat ketidakmampuan uterus dalam mengalirkan darah dan oksigen. Meningkatnya kontraksi otot uterus yang dipersarafi sistem saraf simpatis menyebabkan nyeri haid. **Tujuan :** Penelitian ini bertujuan untuk mengetahui hubungan tingkat aktivitas fisik terhadap kejadian dismenore pada remaja putri kelas XI di SMK Bina Cendekia Cirebon. **Metode :** Penelitian ini menggunakan metode *cross-sectional* dengan jumlah sampel sebanyak 277. Teknik sampling yang digunakan adalah *purposive sampling* Alat pengumpulan data yang digunakan berupa kuesioner *GPAQ* dan kejadian dismenore. Analisa data menggunakan *uji chi-square*. **Hasil :** Hasil penelitian menunjukkan bahwa yang memiliki tingkat aktivitas fisik rendah sebanyak 27 responden (37%) yang memiliki tingkat aktivitas fisik sedang sebanyak 39 responden (53%) dan yang memiliki tingkat aktivitas fisik tinggi 7 responden (10%) dan sebagian besar 72 responden dari 73 responden mengalami kejadian dismenore (99%). Pada penelitian ini didapatkan hasil *P-value* 0,0008 ($p < 0,5$) yang berarti terdapat hubungan tingkat aktivitas fisik dengan kejadian dismenore. **Kesimpulan :** Tingkat aktivitas fisik berhubungan dengan kejadian dismenore pada remaja putri kelas XI di SMK Bina Cendekia Cirebon.

Kata kunci : Aktivitas Fisik, Dismenore, Remaja, GPAQ

Daftar pustaka : 25 (2015-2024)

**MAHARDIKA INSTITUTET OF TECHNOLOGY AND HEALTH
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**RELATIONSHIP BETWEEN PHYSICAL ACTIVITY LEVEL AND
DYSMENORE INCIDENCE IN GRADE XI FEMALE ADOLESCENTS AT SMK
BINA CENDEKIA CIREBON**

xv-49+4 tables+4 schemes+16 attachments

ABSTRACT

Background: Dysmenorrhea is a complaint often felt by women during menstruation, pain that is generally found in the lower abdomen. One of the risk factors for dysmenorrhea is lack of physical activity which causes increased dysmenorrhea complaints. Pain occurs due to the inability of the uterus to circulate blood and oxygen. Increased uterine muscle contractions innervated by the sympathetic nervous system cause menstrual pain. **Objective:** This study aims to determine the relationship between physical activity levels and the incidence of dysmenorrhea in female adolescents in grade XI at SMK Bina Cendekia Cirebon. **Method:** This study used a *cross-sectional* method with a sample size of 277. The sampling technique used was purposive sampling. Data collection tools used were *GPAQ* questionnaires and dysmenorrhea incidence. Data analysis used the chi-square test. **Results:** The results of the study showed that those who had low levels of physical activity were 27 respondents (37%), those who had moderate levels of physical activity were 39 respondents (53%) and those who had high levels of physical activity were 7 respondents (10%) and most of the 72 respondents out of 73 respondents experienced dysmenorrhea (99%). In this study, the P-value was 0.0008 ($p < 0.5$) which means that there is a relationship between the level of physical activity and the incidence of dysmenorrhea. **Conclusion:** The level of physical activity is related to the incidence of dysmenorrhea in female adolescents in grade XI at SMK Bina Cendekia Cirebon.

Keywords: Physical Activity, Dysmenorrhea, Adolescents, GPAQ

Bibliography: 25 (2015-2024)