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ABSTRACT

Title :

Descriptive Study About Prementrual Syndrome In Teens At Pondok Pesantren K.H Sahlan Rosjidi University Of Muhammadiyah Semarang

V + 45 page + 7 table + 1 Scheme + 10 Appendix

Background: *Adolescence is the stage where people achieve emotional, psychosocial maturity characterized by the functioning of reproductive organs. Women every month on the reproductive organs will release the egg from one of its ovaries, if the egg is not fertilized it will occur menstruation. Before the onset of menstruation, a woman will experience emotional or physical changes or often called premenstrual syndrome. Premenstrual syndrome is not life-threatening, but it can affect productivity (menstruation). Premenstrual syndrome is a combination of physical and / or physiological symptoms that usually occur from several days to a week before menstruation and disappears after menstruation. Describes premenstrual syndrome in adolescent at Pesantrem K. H Sahlan Rosjidi University of Muhammadiyah Semarang. This research type is descriptive by using survey method approach. The sample in this research is 96 respondents with total sampling technique. From the result of this research, the cause of premenstrual syndrome in adolescent at Pondok Pesantren KH Sahlan Rosjidi Muhammadiyah University of Semarang based on genetic as much as 44,8% (43 respondents), stress 49,0% (47 respondents), diet as much 47,9% (46 respondent). Types of premenstrual syndrome in adolescents are Type A of 61.5% (59 respondents), type H is 11.5% (11 respondents), type C is 18.7% (18 respondents), type D is 8.3 % (8 respondents). Premenstrual syndrome therapy in adolescents is often done that relaxation therapy such as breathing exercises in the time of menstrual pain by 41.7% (40 respondents). Premenstrual syndrome preventive effort in teenagers who often do is counseling to the nearest person when the menstruation ahead of 44.8% (43 respondents). For teenagers should be more health care, especially for problems menstruating so that problems before menstruation does not interfere with activities in learning, other activities and maintain diet and exercise regularly.*

Keywords : *Pramenstruasi Syndrome, Female Youth*

References : *35 (2008-2017)*