

**PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN  
UNIVERSITAS MUHAMMADIYAH SEMARANG**

Skripsi, 14 September 2020

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Gambaran Koping Remaja Putri Dalam Mengatasi *Dysmenorrhea* Pada Mahasiswi S1  
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**Abstrak**

**Pendahuluan:** *Dysmenorrhea* adalah nyeri menstruasi yang dikarakteristikan sebagai nyeri singkat menjelang atau pada awal menstruasi yang berlangsung antara satu sampai beberapa hari menstruasi. Koping *dysmenorrhea* secara farmakologi dan non farmakologi dapat dilakukan agar intensitas *dysmenorrhea* yang dirasakan dapat berkurang. Tujuan penelitian ini untuk mengetahui koping mahasiswi dalam mengatasi *dysmenorrhea* pada mahasiswi S1 Keperawatan UNIMUS. **Metode penelitian:** Jenis penelitian kuantitatif dengan metode deskriptif. Teknik pengambilan sampel menggunakan random sampling. Populasi dalam penelitian ini adalah mahasiswi semester 3 dan 5 S1 Keperawatan UNIMUS, dan sampel sebanyak 155 mahasiswi sesuai kriteria inklusi. Metode pengumpulan data menggunakan kuesioner. **Hasil penelitian:** Hasil penelitian ini menggambarkan mahasiswi mengalami *dysmenorrhea* sedikit nyeri 19 mahasiswi (12,3%), *dysmenorrhea* agak mengganggu 63 mahasiswi (40,6%), *dysmenorrhea* mengganggu aktivitas 42 mahasiswi (27,1%), *dysmenorrhea* sangat mengganggu 23 mahasiswi (14,8%), *dysmenorrhea* tidak tertahankan 8 mahasiswi (5,2%). Koping *dysmenorrhea* farmakologi dengan obat anti nyeri dari warung dilakukan 12 mahasiswi (7,7%) dan yang mengonsumsi obat anti nyeri resep dokter 12 mahasiswi (7,7%), koping *dysmenorrhea* non farmakologi sebagian besar mahasiswi melakukan teknik menarik napas dalam. **Analisis:** Mahasiswi dengan nyeri tidak tertahankan melakukan istirahat atau tidur untuk menghilangkan *dysmenorrhea*. **Saran:** Peneliti menyarankan mahasiswi yang mengalami *dysmenorrhea* tak tertahankan untuk memeriksakan pada pelayanan kesehatan dan meningkatkan perhatian pada masalah kesehatan reproduksi dengan memberikan penyuluhan tentang koping *dysmenorrhea*.

Kata kunci: *Dysmenorrhea*, Intensitas *dysmenorrhea*, Koping *dysmenorrhea*, Remaja putri

Pustaka: 65 (1999-2020)

**STUDY PROGRAM OF UNDERGRADUATE NURSING**  
**FACULTY OF NURSING AND HEALTH SCIENCE**  
**MUHAMMADIYAH UNIVERSITY SEMARANG**

Thesis, 14 September 2020

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Description Of Young Women Coping In Overcoming Dysmenorrhea Pain: Study Case In Undergraduate Nursing Students, Muhammadiyah University Of Semarang

**Abstract**

**Introduction:** *Dysmenorrhea* is brief pain experienced by adolescents with varying intensity and lasts from one to several days before or during menstruation. Therefore, coping with this condition is carried out by pharmacological and non pharmacological method to reduce the perceived intensity. This research aims to determine young women coping in overcoming *dysmenorrhea* pain in undergraduate nursing students, at Muhammadiyah University Semarang. **Method:** This research adopted a quantitative and descriptive method, while random sampling was used in selecting undergraduate nursing students from 3rd and 5th semester, consisting of 155 respondents according to the inclusion criteria. The data was collected through questionnaire. **Result:** The results showed that 19 students experienced *dysmenorrhea* with a little pain (12.3%), 63 (40.6%) had quite disturbing pain, 42 (40.6%) experienced disruption, and 23 (14, 8%) had unbearable discomfort and 8(5,2%) had unbearable *dysmenorrhea*. Furthermore, the pharmacological coping with *dysmenorrhea* using painkillers (anti-pain medication) from stalls were carried out by 12 students (7.7%) and the pharmacological coping with *dysmenorrhea* using anti-pain medication prescription by 12 student (7.7%). While the non-pharmacological coping was carried out through deep breathing technique. **Analysis:** The students with unbearable discomfort took rest or sleep to relieve *dysmenorrhea*. **Suggestion:** Researchers suggest female students who experience unbearable *dysmenorrhea* to check in health services and increase attention to reproductive health problems by providing information about coping *dysmenorrhea*.

*Keywords: Dysmenorrhea, The intensity of dysmenorrhea, Coping dysmenorrhea, Young womeN*

Reference: 65 (1999-2020)