ABSTRACT

THE EFFECT OF HEALTH EDUCATION USING STUDENT TEAMS ACHIEVEMENT DIVISION METHOD TOWARD KNOWLEDGE AND ATTITUDE OF PREMENSTRUAL SYNDROME OF TEENAGER GIRLS REGARDING AT SMP NEGERI 8 KUPANG

QUASY EXPERIMENTAL STUDY
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Premenstrual syndrome deals with a set of physical and psychological symptoms that happen before menstruation that can disturb woman’s daily activities. Health education regarding premenstrual syndrome on teenager girls is important in increasing knowledge and attitudes of teenager girls in facing and preventing premenstrual syndrome.

This study is aimed at finding the effect of health education using student teams achievement division (STAD) method toward knowledge and attitude of premenstrual syndrome of teenager girls regarding at SMP Negeri 8 Kupang.

The research design used is quasy-experimental with 44 students as samples in which all of them have been in menstruation phase. The respondents are divided into two groups namely 22 students as control group and 22 students as treatment group. The samples are taken using simple random sampling technique. There are two variables of research namely independent variable and dependent variable. The result is gained through questionnaires and analyzed using wilcoxon signed rank test and man-whitney U test with significance level $\alpha < 0.05$.

The health education is proved increasing knowledge of teenagers with test result $\text{wilcoxon} \ p = 0.000$. The result of $\text{man-whitney}$ is $p = 0.000$. The test result of $\text{wilcoxon signed rank}$ for attitude showing significance point $p = 0.002$ and test result of $\text{man-whitney}$ showing significance point $p = 0.013$ which means there is an effect after intervention taken.

From the result of this study it is concluded that there is an effect of health education using student teams achievement division method to knowledge and attitude of premenstrual syndrome of teenager girls regarding at SMP Negeri 8 Kupang. Therefore, this STAD method is recommended to be used by nurses as good health counseling method to the school students.

Keywords: teenager girls, premenstrual syndrome, STAD method, health education, knowledge and attitudes of teenager girls.