

ABSTRACT

Primary dysmenorrhea is painful menstrual periods, no significant abnormalities in the genitals, which is signed by pain or spasms in the lower abdomen. Dysmenorrhea can be a sign of a disorder of the reproductive system. Prevalence of primary dysmenorrhea is quite high, but the lack of attention from the medical due to the pain experienced by women during menstruation was considered as common thing, whereas primary dysmenorrhea can lead to decreased productivity. This study aimed to analyze the factors related to the occurrence of primary dysmenorrhea in Ploso, District of Tambaksari, Surabaya.

Type of research was an observational analytic with cross sectional design. Sampling was done by multistage cluster sampling. The respondents were 80 women of childbearing age 15-35 years old, had been or were still experiencing menstruation, had regular menstruation every month during the last six months, not smoking and not drinking alcohol, had no abnormalities or diseases of the genitals, not pregnant, and not using hormonal contraception. The dependent variable was primary dysmenorrhea and the independent variables consisted of age, family history, childbirth experience, length of menstruation, age of menarche, exercise habits, nutritional status, and the state of stress.

Based on the results of study showed that the prevalence of primary dysmenorrhea is equal to 71.3%. Most of the emergence of primary dysmenorrhea was the first time since menarche, primary dysmenorrhea symptoms 1-2 days before menstruation and 1-2 days of menstruation, primary dysmenorrhea symptoms disappeared 1-3 days after the symptoms of primary dysmenorrhea felt and > 3 days since the symptoms of primary dysmenorrhea felt, primary dysmenorrhea symptoms most frequently respondents felt was lower abdominal cramps and lower abdominal cramps radiating to the lower back, the impact of primary dysmenorrhea was decreased productivity, respondents did not consult primary dysmenorrhea to doctor or midwife for the reason that regard symptoms of primary dysmenorrhea is a natural thing. Based on the results of chi-square test showed that there is a relationship between age and family history with primary dysmenorrhea, whereas for the variables of childbirth experience, length of menstruation, age of menarche, exercise habits, nutritional status, and the state of stress were not related to primary dysmenorrhea.

The conclusion that can be drawn is age and family history have contribution to primary dysmenorrhea. Advice that can be given is to check primary dysmenorrhea to the doctor or midwife if there are symptoms of primary dysmenorrhea so that women can be productive and work or daily activities are not disrupted.

Keywords : primary dysmenorrhea, women of childbearing age