

THE INFLUENCE OF HEALTH PROMOTION USING BOOKLET MEDIA ON ADOLESCENT GIRLS' KNOWLEDGE ABOUT THE HANDLING OF DYSMENORRHEA

Dwi Ary Nugraheni¹, Susilawati^{2*}, Anggraini³, Samino⁴

Faculty of Health, Malahayati University, Bandar Lampung, Lampung

*Correspondence Email: susilawati@malahayati.ac.id

ABSTRAK : PENGARUH PROMOSI KESEHATAN MENGGUNAKAN MEDIA BUKLET TERHADAP PENGETAHUAN REMAJA GADIS TENTANG PENANGANAN DISMENORHEA

Latar Belakang: Pada remaja putri saat mengalami pubertas akan mengalami menstruasi, beberapa remaja putri mengalami nyeri dismenoreia. Kejadian dismenoreia di Indonesia mencapai 64,25%. Alasan penelitian ini dilakukan karena masih kurangnya pengetahuan remaja tentang penanganan dismenoreia yang baik. Remaja putri cenderung menggunakan tindakan farmakologi untuk pengobatan akibatnya selain mengalami ketergantungan pereda nyeri, aktivitas belajar remaja putri terganggu bahkan terpaksa absen.

Tujuan: Mengetahui pengaruh promosi kesehatan menggunakan media booklet terhadap pengetahuan remaja tentang penanganan dismenoreia di SMA Negeri 1 Metro Lampung.

Metode: Jenis penelitian adalah kuantitatif dengan rancangan penelitian one group pre test-post test design. Dilaksanakan pada bulan Juli 2023 di SMA Negeri 1 Metro dengan jumlah sampel sebanyak 55 siswi yang didapatkan dengan teknik proportional random sampling. Alat ukur menggunakan kuesioner. Analisa data dilakukan dengan menggunakan uji Kolmogorov-Smirnov dan uji statistik menggunakan uji Wilcoxon.

Hasil: Hasil uji normalitas Kolmogorov-Smirnov nilai $p(0,000) < \alpha(0,05)$. Rata-rata nilai sebelum promosi kesehatan dengan media booklet adalah 69 dan setelah promosi kesehatan dengan media booklet adalah 84. Hasil analisis bivariat menggunakan uji wilcoxon menunjukkan nilai Z adalah -6.584. Nilai asymp.Sig 0.000

Kesimpulan: Terdapat pengaruh promosi kesehatan dengan media booklet terhadap tingkat pengetahuan remaja putri tentang penanganan dismenoreia.

Saran: Diharapkan pembentukan konseling remaja terkait masalah dismenoreia yang dialami remaja putri dengan tenaga medis.

Kata Kunci: Promosi kesehatan, Media booklet, Pengetahuan Remaja Putri, Dismenoreia.

ABSTRACT

Background: At the time of puberty, young women will experience menstruation, some young women experience dysmenorrheal pain. The incidence of dysmenorrhea in Indonesia reaches 64.25%. The reason this research was conducted was because there was still a lack of knowledge about good dysmenorrhea in adolescents. Young women tend to use pharmacological measures to treat the consequences, apart from experiencing dependence on pain relievers, their learning activities are disrupted and they are even forced to be absent.

Purpose: To determine the effect of health promotion using booklet media on adolescent knowledge about dysmenorrhea management at SMA Negeri 1 Metro Lampung.

Methods: This type of research is quantitative with a one group pre test-post test design. It was held in July 2023 at SMA Negeri 1 Metro with a total sample of 55 students obtained using a proportional random sampling technique. Measuring tool using a questionnaire. Data analysis was performed using the Kolmogorov-Smirnov test and statistical tests using the Wilcoxon test.

Results: Kolmogorov-Smirnov normality test results $p\text{ value}(0.000) < \alpha(0.05)$. The average score before health promotion using booklet media was 69 and after health promotion using booklet media was 84. The results of bivariate analysis using the Wilcoxon test showed that the Z value was -6.584. Asymp.Sig value 0.000

Conclusion: There is an effect of health promotion using booklet media on the level of knowledge of young women about handling dysmenorrhea.

Suggestion: It is hoped that the formation of adolescent counseling related to dysmenorrhea problems experienced by young women with medical personnel.

Keywords: Health promotion, booklet media, knowledge of young women, dysmenorrhea.

INTRODUCTION

Adolescence is a process of changing children into adults, in which there is growth, development and changes in the reproductive organs. The age limit for adolescents according to the World Health Organization (WHO) starts from the age of 10 to 19 years. According to the Population and Family Planning Agency (BKKBN), the age range for teenagers is 10-24 years old and unmarried. (Murti, 2022)

During puberty, young women will experience a natural process which indicates that their reproductive organs are functioning, which is called menstruation. Every healthy and normal teenage girl will experience menstruation every month. Some teenage girls experience dysmenorrhea in each menstrual cycle. Dysmenorrhea occurs in the lower abdomen, waist, hips, upper thighs and calves. Dysmenorrhea that is too great will interfere with activities so that it requires time to rest. (Hanik, 2022)

Previous epidemiological studies reported that the prevalence of dysmenorrhea in the world ranged from 41.7% to 94%. In Indonesia, the prevalence of dysmenorrhea is 64.25%. Data obtained from the Lampung Provincial Health Office for dysmenorrhea have not been classified, but health services covering adolescents in 2020 are 52.4%. In Metro City, the prevalence of dysmenorrhea has not been recorded, for youth health services in 2020 it is 75.8% (Metro City Health Office, 2020).

A preliminary survey was conducted on class XII students of SMA Negeri 1 Metro, there were 124 students (62.94%) of class XII students who stated that they experienced dysmenorrhea during menstruation. The student explained that dysmenorrhea is felt by stomach cramps, dizziness, fatigue, weakness so that learning activities are disrupted.

Almost all of the young women treat it by taking pain relievers. This proves the lack of knowledge of young women in dealing with dysmenorrhea. Therefore, health education is needed for young women about how to properly handle dysmenorrhea.

The impact that will occur if the lack of knowledge of adolescents in dealing with dysmenorrheal disorders is poor handling of dysmenorrhea such as consuming excessive amounts of pain relievers and in the long term. Consumption of pain relievers can trigger side effects in the form of gastrointestinal bleeding, damage to

the small intestine, damage to the upper gastrointestinal tract, gastrointestinal ulcers, asymptotic gastroduodenal ulcers, gastropathy and damage to the gastric mucosa. (Adiansyah, 2021)

Adolescents need to increase knowledge about dysmenorrhea treatment. Media *Booklet* selected as a medium of communication in providing health information to adolescents. The results of research conducted by Wardani et al. (2020) health education with media *Booklet* can increase the knowledge of young women very significantly.

From the problems above, the researcher is interested in conducting research on "The Influence of Health Promotion with Media Booklets on Young Women's Knowledge of Dysmenorrhea at SMA Negeri 1 Metro Lampung".

RESEARCH METHODS

This type of research is quantitative with a one group pre test-post test design. It was held in July 2023 at SMA Negeri 1 Metro with a total sample of 55 students obtained using a proportional random sampling technique. Measuring tool using a questionnaire. Data analysis was performed using the Kolmogorov-Smirnov test and statistical tests using the Wilcoxon test.

RESEARCH RESULT

Characteristics of Respondents

Respondent Age

Table 1
Frequency Distribution of Respondent Characteristics by Age

Age	Frequency	Presentase
16 years	11	20%
17 years	44	80%

Based on table 1, it was found that the majority of female adolescents at SMA Negeri 1 Metro were 17 years old with 44 students (80%) and the least were 16 years old with 11 students (20%)

Menarche age

Table 2
Characteristic Frequency Distribution Respondents Based on Menarche

Age of Menarche	Frequency	Percentage
9 years old	5	9%

10 years old	13	24%
11 years old	18	33%
12 years old	12	22%
13 years old	7	13%

From table 2 it was found that the most history of young women experiencing menarche was at the age of 11 years as many as 18 students (33%) and 5 students (9%) experienced menarche at the age of 9 years.

Univariate Analysis

Based on the results of the research conducted, the following results were obtained:

Knowledge of young women before (*pre test*) was given health promotion using booklets on knowledge of dysmenorrhea management

Table 3

Knowledge of Young Women Before (Pre Test) Given Media Booklet About Knowledge of Dysmenorrhea Handling

Knowledge	N	Mean	SD	Min	Max
Before	55	69.36	14.371	45	95

Based on table 3, the average knowledge before being given health promotion using booklet media is 69.36 with a minimum score of 45 and a maximum score of 95. The difference in the Standard Deviation value is -3.682.

Knowledge of young women after (*post test*) was given health promotion using booklets on knowledge of dysmenorrhea management

Table 4

Knowledge of Young Women After (Post Test) Given Media Booklet About Knowledge of

Dysmenorrhea Handling

Knowledge	N	Mean	SD	Min	Max
After	55	84.00	10.689	60	100

Based on Table 3 shows that the average knowledge after being given health promotion using a booklet is 84.00 with a minimum score of 60 and a maximum score of 100.

Normality Test

Before the bivariate test was carried out, the data normality test was carried out using the test *Kolmogorov-Smirnov* because the number of samples is more than 50.

Table 4

Normality Test Table

Knowledge Variable	Kolmogorov-Smirnov Statistic	Df	Say.
Before	0.165	55	0.001
After	0.213	55	0.000

It was found that the results of the data were not normally distributed, namely p value <0.05 . Because the data are not normally distributed, this study uses a test *Wilcoxon* to see the effect of health promotion using booklet media on increasing knowledge of young women about handling dysmenorrhea at SMA Negeri 1 Metro.

Bivariate Analysis

Based on test *Wilcoxon* in table 5, obtained p -value $0.000 < 0.05$ it is proven that there is an effect of health promotion using booklet media on young women's knowledge about the treatment of dysmenorrhea.

Table 5

The Effect of Health Promotion with Booklet Media on Young Women's Knowledge About Dysmenorrhea Treatment

Variable Knowledge	N	Mean	WITH	P=Value Asymp. Sig. (2-tailed)
Before	55	69,36	-	
After	55	84,00	6,584	0,000

DISCUSSION

Univariate discussion

Respondent characteristics that affect young women's knowledge about dysmenorrhea treatment

Based on the results of previous research (*pretest*) Given health promotion using booklet media, it is known that the average value of knowledge is 69.36. So it can be concluded that the

majority of young women's knowledge before being given dysmenorrhea health education had insufficient knowledge.

This is in line with research conducted by Manafe (2021) before being given health education, with an average score (mean) in the pretest of 69.26, increasing to 88.9 in the posttest. The results of statistical tests using the *Wilcoxon* test, with a

significant value of $p = 0.000$ so that health education has an effect on increasing adolescent knowledge about dysmenorrhea and non-pharmacological treatment. Research conducted by Wiyono (2015) obtained paired t-test results from data analysis showing that there were significant differences in the level of knowledge in the treatment group before and after giving dysmenorrhea counseling ($p < 0.001$).

Lack of information about dysmenorrhea will affect one's knowledge. This is supported by research conducted by Karimah, et al (2014) which states that a lack of sources of information about something will affect one's knowledge. The more exposure to information, one's knowledge will increase.

One of the efforts that can be made to provide information about good handling of dysmenorrhea is to carry out health promotion. Health promotion is a method of providing information so that people who are given counseling can understand and understand the counseling material. Booklets are one of the media in health promotion, in the form of a small book, to convey information in writing in the form of sentences, as well as pictures or a combination that is set forth on sheets, in simple language (Siregar, 2020).

According to Baugh 1986 cit Arsyad (2006) booklets as a tool, a means of conveying messages has the advantage that they can be studied at any time, contain more information. The advantages of booklets can be used for independent study, they can be read whenever desired, the information can be shared with family or friends, it is easy to see, customized and made in a simple manner and directed to certain sections (Maulana, 2022).

There are still respondents who do not know about the proper handling of dysmenorrhea due to several things. One of them is the lack of outreach activities on the management of dysmenorrhea that can be obtained at school and the lack of information obtained through social media. Lack of information about the handling of dysmenorrhea will affect a person's knowledge in handling dysmenorrhea properly.

Knowledge of young women after (*post test*) given health promotion with media booklets about knowledge of handling dysmenorrhea

Based on the results of research after (*post test*) given health education it is known that respondents have an average value of knowledge of 84.00. It can be concluded that after being given health education about dysmenorrhea there is an increase in knowledge. The data in table 4.2 shows that there is an increase in knowledge from before

and after being given health promotion using booklet media about handling dysmenorrhea by 15.

This is in line with research conducted by Nurmuzanah (2015) Based on the Paired sample t-test in the experimental group it showed that there was a difference in the average knowledge score ($p = 0.000$), there was an increase in the average knowledge score after being given health education using booklets from 12.89 to 17.36. This proves that the influence of health education about dysmenorrhea between using booklets on knowledge of female students.

In line with Ariyanto's research (2021), there was an increase in scores after being given counseling, 74.5% of teenagers who had knowledge in the good category, and only 3 people (5.9%) of teenagers who had knowledge in the less category. There is an effect of providing counseling on the knowledge of young women at the Al-Muhajirin Darussalam Islamic Boarding School in 2021, the t-count value = 14.938 and the Sig. (2-tailed) = 0.000 < $\alpha = 0.05$

Provision of health promotion is done by using booklet media. According to the results of research conducted by Permatasari (2013) it shows that health promotion can increase respondents' knowledge and can be maximized by using several methods and media so that the counseling process can run well so that the information provided during counseling can be absorbed and received optimally by respondents.

The increase in knowledge occurred because the respondents were very happy with this booklet and read the information provided carefully. This is in accordance with what was revealed by Sunaryo (2004) that knowledge is the result of knowing that occurs through sensory processes, especially the eyes and ears of certain objects. Knowledge is a very important domain for the formation of open behavior.

The increase in knowledge after being given health education was due to the fact that in the community there was a learning process that was assisted by booklet media, new knowledge was formed, new understandings and memories emerged. Information provided through the media can be captured using the sense of sight when people read the contents of the information written in the booklet. (Maulana, 2022).

This booklet used for health education contains what is called dysmenorrhea, signs and symptoms, why women experience dysmenorrhea, strategies to prevent and treat dysmenorrhea pharmacologically and non-pharmacologically. This booklet is packaged in simple language so that teenagers can easily understand it. The suitability of the content of the material with an attractive

illustration design explaining the handling of dysmenorrhea makes students more enthusiastic about understanding the material.

Bivariate Discussion

The effect of health promotion using booklets on adolescent knowledge about dysmenorrhea treatment

The results showed that there was an increase in the average value of knowledge before being given health education, namely 69.36. While the average value after being given health education is 84.00. The results of the Wilcoxon Signed Rank Test at a significant level of 95% with the testing criteria. Indicates the Asymp value. Sig = $0.000 < \alpha$ (0.05). There is an influence between health education about dysmenorrhea on the level of knowledge of young women at SMA Negeri 1 Metro.

In line with research conducted by (Mayasari et al, 2022) entitled "The Influence of Health Education About Dysmenorrhea on Increasing Knowledge of Young Girls at Muhammadiyah 2 Gisting Middle School, Tanggamus Regency, Lampung in 2022". This type of research is pre-experimental. research design *none group pre test-post test* design. The level of knowledge before being given health education about dysmenorrhea in Gisting 2 Muhammadiyah Middle School students the average value of pretest knowledge was 47.16 which means knowledge was lacking. And the average value of posttest knowledge is 80.34 which means good knowledge.). P value on the results of the pretest posttest knowledge of the respondents showed p value = 0.000. This proves that health education interventions can increase student knowledge about dysmenorrhea.

Research conducted by Marliany (2023) entitled The Influence of Health Education About Dysmenorrhea on the Knowledge Level of Young Women. Obtained test results *Wilcoxon Signed Rank* Test at a significant level of 95% with the testing criteria. Shows that H_0 is rejected and H_a is accepted with an Asymp value. Sig = $0.000 < \alpha$ (0.05). There is an influence between health education about dysmenorrhea on the level of knowledge of young women at SMA Negeri 2 Ciamis.

Health promotion influences individuals and communities to maintain and improve health by means of persuasion, persuasion, appeals, invitations, providing information, and providing awareness. So that people are able to behave or adopt health behaviors. In the context of fostering and improving public health behavior, health education is the right solution. (Kartikasari, 2022)

Adolescents who lack knowledge about

dysmenorrhea will feel anxious and stressed in dealing with symptoms and complaints of dysmenorrhea. They tend to behave negatively such as feeling excessively anxious, unable to carry out activities, easily emotional, excessively stressed, unable to bear pain, feeling disturbed, rejecting something that enters the body, nausea, fear, and unable to concentrate on studying. (Ancient, 2013)

Based on the results of the study, it can be seen that health promotion can influence the formation of young women's knowledge about dysmenorrhea treatment. The existence of health promotion with booklet media can provide many benefits in adding insight, knowledge, as well as information that increases one's knowledge. There is an effect of health promotion using booklet media on young women's knowledge about dysmenorrhea management as indicated by an increase in knowledge scores before and after health promotion using booklet media.

CONCLUSION

Based on the results of research on the Effect of Health Promotion Using Booklet Media on the Knowledge of Young Women About Handling Dysmenorrhea, it can be concluded that: The frequency distribution of the characteristics of class XII young girls at SMA Negeri 1 Metro, most of the respondents (80%) were 17 years old. The average level of knowledge of young women before (69) and after (84) was given booklet education about the treatment of dysmenorrhea increased (15). There is an Influence of Health Promotion Using Booklet Media on Young Women's Knowledge About Handling Dysmenorrhea.

SUGGESTION

It is hoped that schools can provide information and can apply it by way of socialization through extracurricular activities so that it helps increase knowledge about the handling of dysmenorrhea in young women at SMA Negeri 1 Metro. It is hoped that the results of this research can add to the knowledge and insights of the students of Malahayati University. After conducting research, health promotion can not only be carried out using the usual methods and media, but new innovations can be carried out according to the way it is developed. It is advisable to develop this research further with different variables, or to develop innovative methods and media with a larger number of samples so that the results are more accurate.

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