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THE LEVEL OF KNOWLEDGE OF ADOLESCENT GIRLS ABOUT DYSMENORRHEA AT SMPN 1 CIBOGO, SUBANG IN 2025

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Abstract

Reproductive health plays a crucial role in the lives of individuals, particularly adolescent girls who undergo significant physical and psychological changes, including menstruation. Dysmenorrhea is one of the most frequent menstrual complaints and can disrupt daily activities as well as overall quality of life. In Indonesia, the prevalence of dysmenorrhea reaches 64.25%, yet adolescents' understanding of this condition remains relatively low. This study aimed to assess the knowledge level of adolescent girls regarding dysmenorrhea at SMPN 1 Cibogo, Subang, in 2025. The research employed a quantitative approach with a descriptive design, involving 60 female students aged 12–15 years who were selected using purposive sampling. The findings revealed that most participants had a moderate level of knowledge (55%), while 23.3% demonstrated good knowledge and 21.7% had poor knowledge. The largest proportion of respondents were 13 years old (41.7%) and in the seventh grade (41.7%). Overall, the results suggest that although adolescent girls possess a fair understanding of dysmenorrhea, there is still a need for enhanced reproductive health education. Active contributions from schools and healthcare professionals, particularly midwives, are vital in providing guidance to improve adolescents' knowledge and skills in managing dysmenorrhea effectively.

Keywords: Dysmenorrhea, Adolescent Girls, Knowledge, Reproductive Health

Introduction

Reproductive health is an important aspect of health sciences, especially among adolescents, as this period is characterized by significant physical and psychological changes [(1)]. Adolescence is a crucial stage in human development, marked by both physical and psychological transitions, including the onset of menstruation in adolescent girls. According to demographic data, adolescents constitute a large proportion of the global population [(2)]. One of the most common complaints experienced during menstruation is dysmenorrhea, defined as menstrual pain that interferes with daily activities and reduces the quality of life among adolescents. Dysmenorrhea is a condition commonly experienced by women during menstruation.

According to the World Health Organization (WHO), more than half of women worldwide experience primary dysmenorrhea, with a prevalence exceeding 50%. In the United States, approximately 60% of women report menstrual pain, while in Sweden, about 72% of female students with higher educational backgrounds experience menstrual pain during menstruation [(3)]. Based on the 2021 Indonesian Health Profile, the prevalence of dysmenorrhea reached 64.25%, consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea, indicating that the incidence of dysmenorrhea in Indonesia remains relatively high [(4)].

Menstruation is the process of shedding the endometrial lining accompanied by bleeding, occurring periodically each month in the absence of pregnancy. The menstrual cycle generally lasts

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around 28 days, although physiological variations among individuals are common. The first day of bleeding is considered the first day of the cycle. The average duration of menstruation is five days, ranging from 1 to 8 days, with blood loss ranging from 20 to 80 ml. Several factors, including age, physical and psychological conditions, and environmental influences, may affect the regularity of the menstrual cycle in women [5].

Dysmenorrhea is one of the most common gynecological complaints among adolescent girls and can interfere with daily activities, including learning concentration and participation in social activities. Many adolescent girls still have limited knowledge regarding dysmenorrhea and its management. Factors associated with dysmenorrhea include early menarche, nutritional status, stress, and family history [6].

A study conducted at Madrasah Aliyah Darul Ma'arif Natar revealed that menarche age ≤12 years, nutritional status, and stress levels were significantly associated with the occurrence of primary dysmenorrhea. In addition, research conducted at MAN 1 Ogan Komering Ulu found that age at menarche, duration of menstruation, and family history were significantly related to the incidence of dysmenorrhea [7].

A study conducted at Hasanuddin University showed that the majority of female students experienced moderate-intensity dysmenorrhea, and most preferred non-pharmacological treatments such as rest or sleep [2]. Research at SMP Negeri 10 Denpasar Utara found that 58.6% of adolescent girls had poor knowledge regarding dysmenorrhea pain management, which negatively affected their academic and social activities.

Despite the high prevalence of dysmenorrhea, adolescent girls' knowledge regarding its management remains limited [8]. This lack of knowledge may influence how adolescents cope with menstrual pain. Therefore, it is important to identify the level of knowledge among adolescent girls regarding dysmenorrhea in order to design effective educational interventions [9]. This study offers novelty by examining adolescents' knowledge of dysmenorrhea using a more contextual and up-to-date approach.

Based on the data above, the researcher conducted a study on the level of knowledge of adolescent girls regarding dysmenorrhea at SMPN 1 Cibogo, Subang, in 2025. The limited knowledge in this area may negatively impact adolescents' quality of life and productivity, particularly in the educational setting. This study aims to identify the level of knowledge of adolescent girls regarding dysmenorrhea at SMPN 1 Cibogo, Subang, in 2025.

Method

This study employed a quantitative approach with a descriptive design to describe the level of knowledge of adolescent girls regarding dysmenorrhea. The research was conducted at SMPN 1 Cibogo, Subang, from June to December 2025. The study population included all adolescent girls aged 12–15 years enrolled at SMPN 1 Cibogo, Subang. The sampling technique used was purposive sampling, in which respondents were selected based on specific criteria determined by the researcher. The inclusion criteria were adolescent girls who had experienced menstruation, were willing to participate as respondents, and were present during the data collection process. The exclusion criteria included adolescents who were unwilling to complete the questionnaire or were ill at the time of the study. The sample size was determined using the Slovin formula with a 5% margin of error to obtain results representative of the population. The research instrument was a closed-ended questionnaire consisting of 20 questions. Each correct answer was scored 1, while each incorrect answer was scored 0. Data were analyzed using univariate analysis to present the frequency distribution and percentage of the level of knowledge of adolescent girls regarding dysmenorrhea.

Results

The results of this study were obtained from data collection through questionnaires distributed to 60 respondents, then the data was presented in the form of a frequency distribution table for each research variable.

Table 1. Respondent Characteristics

No	Characteristics	Frequency (n)	Percentage (%)
1	Usia		
	12	20	33.3
	13	25	41.7
	14	10	16.7
	15	5	8.3
	Total	60	100
2	Kelas		
	VII	25	41.7
	VIII	20	33.3
	XI	15	25.0
	Total	60	100

Source: Data of Junior High School Students at SMPN 1 Cibogo

In Table 1, it can be seen that the majority of respondents were 13 years old, totaling 25 individuals (41.7%), and most were in Grade VII, also totaling 25 individuals (41.7%).

Table 2. Frequency Distribution of Female Adolescents' Knowledge Level on Dysmenorrhea at SMPN 1 Cibogo Subang in 2025

No	Knowledge Category	Frequency (n)	Percentage (%)
1	Good	14	23.3
2	Fair	33	55.0
3	Poor	13	21.7
	Total	60	100

In Table 2, the majority of respondents had a fair level of knowledge about dysmenorrhea, totaling 33 individuals (55%), while 14 individuals (23.3%) had good knowledge, and 13 individuals (21.7%) had poor knowledge.

Discussion

1. Age of Respondents

The majority of respondents were 13 years old, totaling 25 individuals (41.7%), followed by 20 respondents (33.3%) aged 12 years, 10 respondents (16.7%) aged 14 years, and 5 respondents (8.3%) aged 15 years.

This finding indicates that most respondents were in early adolescence. At this stage, female adolescents generally begin to experience their first menstruation (menarche) and are in the process of adapting to physical and emotional changes. According to Elizabeth B. Hurlock, early adolescence is a transitional period in which individuals begin to become aware of physiological changes in their bodies, but have not yet fully understood the processes and their impacts, including conditions such as dysmenorrhea [(10)].

The level of knowledge about dysmenorrhea at this age is generally still limited due to relatively new menstrual experiences and insufficient exposure to accurate reproductive health information. Adolescents may not yet have adequate understanding of the causes, symptoms, and management of dysmenorrhea, which can lead to misconceptions or inappropriate handling of menstrual pain [(11)]. Therefore, the age range of 12–15 years is a crucial stage for providing reproductive health education, as adolescents at this stage begin to form an initial understanding of body functions and their personal health.

2. Grade of Respondents

Based on the results of this study, the majority of respondents were from Grade VII, totaling 25 individuals (41.7%), followed by Grade VIII with 20 respondents (33.3%), and Grade IX with 15 respondents (25%).

These findings indicate that most respondents were still in the early stage of learning at the junior high school level, where education on puberty and reproductive health is just beginning to be introduced. Information about menstruation is usually delivered in science classes; however, the coverage is still limited and does not comprehensively discuss menstrual disorders such as dysmenorrhea.

This condition may influence the level of knowledge among female adolescents, as the information obtained from school tends to be general and is not yet supported by direct health education from medical professionals. According to a study conducted by Suryani, schools play a crucial role in providing reproductive health education for adolescents, as the knowledge gained in school can help them better understand and cope with biological changes [(12)].

Therefore, strengthening school-based reproductive health education, especially through more comprehensive materials and collaboration with health workers, is essential to improve adolescents' knowledge, particularly regarding dysmenorrhea.

Therefore, the characteristics of respondents based on grade level indicate that the higher the grade, the greater the experience and information obtained, which may influence the level of knowledge about dysmenorrhea. However, in this study, the majority of respondents were still in Grades VII and VIII; thus, it is reasonable that their level of knowledge falls within the fair category.

Conclusion

Based on the results of a study conducted on 60 female adolescent respondents at SMPN 1 Cibogo Subang regarding their level of knowledge about dysmenorrhea, it can be concluded that the majority of respondents had a fair level of knowledge, totaling 33 respondents (55%). Meanwhile, 14 respondents (23.3%) had good knowledge, and 13 respondents (21.7%) had poor knowledge. Most respondents were 13 years old (41.7%), which falls into the early adolescence category, where understanding of menstruation and dysmenorrhea is still relatively limited.

These findings indicate the need to improve reproductive health education among female adolescents, particularly in understanding and managing dysmenorrhea in a healthy and appropriate manner.

Based on the results of this study, female adolescents are encouraged to be more active in seeking information about reproductive health, especially regarding dysmenorrhea, through reliable sources and consultation with health professionals in order to manage menstrual pain properly. Schools are also expected to enhance reproductive health education activities through counseling, discussions, and collaboration with health workers to provide accurate and comprehensive information Schools are also expected to collaborate with community health centers (*Puskesmas*) to broaden students' understanding of menstruation and dysmenorrhea.

Health professionals, particularly midwives and nurses, should conduct regular health education and counseling sessions in schools to improve adolescents' knowledge and awareness of the importance of maintaining reproductive health. In addition, future researchers are encouraged to explore other factors influencing the level of knowledge, such as sources of information, family support, and personal experience, with a wider research scope to obtain more comprehensive results.

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