

ABSTRACT

THE RELATIONSHIP BETWEEN PHYSICAL EXERCISE HABITS AND DYSMENORRHEA IN THE STUDENTS OF SMA NEGERI 2 BANDAR LAMPUNG

by

FARAHDIBA CITRA OLIVIA

Menstruation is a physiological change that occurs periodically in a woman's body influenced by reproductive hormones (Hanafi, 2006). Dysmenorrhea is a symptom that arises during menstruation, characterized by cramps in the lower abdomen (Djuanda and Adhi, 2008). Prevalence of primary dysmenorrhea in Indonesia is high, at 60-70% and 15% of them had severe pain, usually occurs in adolescence and adult. Some believe that exercise minimize complaints of dysmenorrhea by reducing stress and suppressing the production of prostaglandin (Winarko, 2010). This study is a cross sectional study that conducted to 486 students of SMAN 2 Bandar Lampung that are already menstruating. Information regarding exercise habits and complaints of dysmenorrhea obtained through questionnaires.

This study showed from the 486 respondents 208 respondents (42.8%) experienced dysmenorrhea and as many as 278 respondents (57.2%) did not

experienced dysmenorrhea, 272 respondents (56%) has a physical exercise habits and 214 respondents (44%) did not have physical exercise habits. That showed a significant relationship exists between the complaints of dysmenorrhea with physical exercises habits at students of SMAN 2 Bandar Lampung with $p\text{ value}=0.00$ and coefficient contingency=0.396 .

From that result, it is suggested for other researchers to exam in other related risk factors of dysmenorrhea. And for the community, should be able to take prevent dysmenorrhea by doing regular physical exercises activities. For related agencies, it is suggested to increase public knowledge about the scausing factors of dysmenorrhea and ways to reduce the occurrence and complaints of dysmenorrhea.

Key word : dysmenorrhea, physical exercise, SMAN 2 students