

THE RELATION BETWEEN KNOWLEDGE AND ATTITUDE WITH DYSMENORRHEA MANAGEMENT IN SMA NEGERI 1 SUNGGUMINASA, GOWA, INDONESIA

Ernawati¹

¹Department of Nursing, Nani Hasanuddin Health Science Academy, Makassar, Indonesia (Email : ernawati@stikesnh.ac.id/085299947711)

ABSTRACT

Background: Dysmenorrhea is a symptom of recurrence pain during menstrual period experienced by most women. It has a bad effect causing disruption to daily activities due to perceived pain. Handling of dysmenorrhea is the first step in reducing pain felt and increasing comfortable state. Proper handling of dysmenorrhea will prevent or reduce pain. Handling of dysmenorrhea includes mild exercise such as jogging, drinking warm water, soaking both feet into the warm water, apply warm compresses on the stomach, gymnastics for relieving pain menstruation and yoga for reducing menstrual pain. **Objective:** This study aims to identify the relationship between knowledge and attitudes of Senior High School students in Sungguminasa, Gowa, Indonesia. **Method:** This study leads in SMA Negeri 1 Sungguminasa especially in 9th grade. This research leads in a descriptive observational using cross-sectional approach. This research used 170 selected sampled obtained by using purposive sampling technique based on inclusion criterion. Data collection was performed by using a self-administered questionnaire and statistically analyzed by Chi-square test ($\alpha < 0.05$) to determine the relationship between each variable. **Results:** of the analysis showed a significant relationship between knowledge with dysmenorrhea management ($p = 0.000$), and there was no significant relation between attitudes with dysmenorrhea treatment ($p = 0.415$). **Conclusion:** in this study confirm that knowledge has a significant and positive correlation with dysmenorrhea management of high school student and generally teenager. Conversely, the attitude has no significant correlation with dysmenorrhea management. The implication of this research in nursing suggesting for increasing the role of the nurse as educators by organizing and implementing educational programs in high school on managing dysmenorrhea.

Keywords: *Dysmenorrhea management, knowledge, attitude*