

Exploring the Phenomenon of Dysmenorrhea among Middle-Aged Adolescent Students at West Bandung

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ABSTRACT

Adolescence is a transition period from childhood to adulthood, where their ages are spread between 10-19 years, teenagers experience puberty, which begins with their first menstruation. Dysmenorrhea is characterized by pain in the lower abdomen, this can cause activity to be disrupted for 1-2 days each month. The purposes of this study are: to explore how the phenomenon of middle-aged adolescent girls experienced dysmenorrhea, how the experiences of actions that had taken, and the results of pain relief actions that have been carried out by middle-aged adolescents. This was a phenomenological study, with a qualitative method using interview techniques. The target population was 197 female students of SMA Negeri 1 Parongpong who experienced dysmenorrhea during menstruation, selected with Simple Random Sampling technique, and those who were willing to be interviewed, there were 8 people being informants. The pain experienced were varied, included: cramps in the abdomen, pain felt from the front of the abdomen spreading to the back of the waist, and pain throughout the body felt weak until unable to walked. The worst pain was on the first to second day of menstruation. The impacts of dysmenorrhea were: wanted to sleep all the time, had no appetite and mood changes. The actions to relieve dysmenorrhea were: using hot compresses with bottles, consumed painkillers, drank warm to hot water and combined 2 to 3 types of pain relieve actions. The results of these actions included: gradually relieved over several hours, the pain did not subside, and suddenly the pain was no longer felt. This study contributed to adolescents by giving understanding that dysmenorrhea is a very common thing and can be relieved in various ways. The results of this study will be useful for adolescents in relieving dysmenorrhea, thereby reducing the numbers of absence from school.

Keywords: Adolescent, Dysmenorrhea, Female Students, Middle-Aged, Phenomenon.

INTRODUCTION

Adolescence is a transition period from childhood to adulthood, where their ages are spread between 10-19 years. According to World Health Organization (WHO) that the adolescent age span is usually divided into three parts, namely early adolescence between 12-15 years, middle adolescence between 15-18 years, and late adolescence between 18-21 years (Permana, 2021). At this age, teenagers experience puberty, which begins with their first menstruation. At this period of age, teenagers are not yet accustomed to the menstrual cycle. so that they can experience some symptoms that they were not used to experiencing in previous age periods. Menstrual pain is characterized by pain in the lower abdomen, this can cause

activity to be disrupted for 1-2 days each month, especially attendance at their school. Other disorders may include: headaches, to stomach cramps (Maidartati, 2018). In West Java province, it was estimated that 30%–70% of women experience menstrual problems, including abdominal pain or stomach cramps and around 10%–15%. Other impacts of dysmenorrhea in adolescent girls can include disturbed feelings of comfort, decreased activity, disturbed in sleep patterns, disturbed of appetite, disturbed in interpersonal relationships, difficulty concentrating on work and study, even students are unable to participate in their learning activities at school or are absent from school. In fact, this pain can affect to emotional status towards feelings, irritability, depressed and anxiety (Rifiana and Sugiatno, 2017). As a result of this disturbance feeling, teenagers try to find information as much as possible to overcome this pain. This search for information can start from the closest people, namely his sister or mother, peers, searching for information on Google, and teenagers will try to make efforts starting from the simplest to the most complicated handling.

The purposes of this study were to explore how the phenomenon of middle-aged adolescents experienced dysmenorrhea, to explore the experiences of actions that had taken by middle-adolescent girls to relieve dysmenorrhea, and the results of pain relief actions that have been carried out by middle-aged adolescents. This research is important to be conducted considering that at this age, teenagers are actively study, thus there could have not any disturbances during their study days, including dysmenorrhea.

This research is a phenomenological study, conducted using qualitative research methods with interview techniques. The population was 197 students of SMA Negeri 1 Parongpong, in grades 10 and 11, who experienced dysmenorrhea during menstruation. The research was conducted using the Simple Random Sampling Technique, with the inclusion criteria: female students aged 15 to 18 years, who menstruate regularly every month, experience dysmenorrhea during menstruation, and were willing to participate in this research (willing to be interviewed).

LITERATURE REVIEW

Adolescence is a transition period from childhood to adulthood, where their ages are spread between 10-19 years. According to World Health Organization (WHO) that the adolescent age span is usually divided into three parts, namely early adolescence between 10-15 years, middle adolescence between 15-18 years, and late adolescence between 18-21 years (Permana, 2021). During this period, teenagers experience major changes in their bodies, mentally and socially. The biggest physical change is the onset of puberty. This period occurs due to hormonal changes that greatly affect the adolescent's body. Puberty is a sign that adolescents are beginning to have the ability to carry out reproductive functions. This all happens due to developments in the endocrine system, namely female hormones. Hormones whose secretion increased during puberty include: FSH (Follicle Stimulating Hormones), LH (Luteinizing Hormones), Estradiol hormone, and of course Estrogen and Progesterone hormones. As a result, adolescence women will begin to experience menarche, and then will menstruates regularly almost every month.

Dysmenorrhea is abdominal pain that occurs during the menstrual period that starts from the abdomen spreading down the stomach and even to the waist. The type of pain is like being twisted and can even be in the form of stomach cramps. This pain is caused by the shedding of the endometrial lining accompanied by uterine contractions which produce abdominal pain (Sari and Hamranani, 2019). However, these hormonal changes can cause side effects, one of which is dysmenorrhea, which is pain during menstruation that is often experienced by teenagers. Where, this pain can vary in duration and severity. There are times when teenagers only experience headaches, nausea, loss of appetite, mild abdominal pain, and even abdominal cramps. Menstrual pain is characterized by lower abdominal pain. This menstrual pain causes activities disrupted for 1-2 days each month. And of course this can hinder teenagers from doing various other productive activities, such as: doing schoolwork at home, homework and learning activities at school that require their attendance.

The disruption of adolescent activities due to dysmenorrhea causes them to have quickly get rid of their sufferings and take various actions to relieve pain. The pain relievers work by interfering with the pain signals sent to the brain so that they will slowly relieve dysmenorrhea. Another way to relieve dysmenorrhea is to rest or sleep. This rest aims to restore comfort and reduce physical stress (Salsabila, et al, 2023). Warm or hot compresses are also a better way to relieve dysmenorrhea. This method is very effective in relieving pain caused by muscle tension. The equipment for doing this hot compress is very simple. The effect of a hot compress will send a signal to the hypothalamus via the spinal cord, resulting in vasodilation, increasing oxygen supply, reducing muscle tensions and relaxing the muscles (Salsabila, et al, 2023). Doing mild physical exercise before menstruation comes will be very good, causing blood flow to the uterus to be smooth to prevent dysmenorrhea. This mild exercise can also increase Endorphin and Serotonin hormones that can provide pain-relieving effects like morphine. While Serotonin will provide a relaxing effect and a sense of comfort.

METHOD

This was a phenomenological study with a qualitative method used interview techniques. The phenomenological approach is a data analysis technique to reveal the common meaning that becomes the essence of a concept, by assuming that each individual interviewed experiences the phenomenon with awareness. The focus of qualitative research is on the process and interpretation of the results (Basri, 2014). The target populations were female students of SMA Negeri 1 Parongpong who experienced dysmenorrhea during menstruation. This study used the Simple Random Sampling technique, which included: female students aged 15 to 18 years, who menstruate regularly every month, and experienced dysmenorrhea, and there were 8 teenagers willing to participated in the study or willing to be interviewed. The data collection process was carried out after obtaining permission from the principals. After obtaining the target population data, the interview was conducted using WhatsApp media according to the availability of time of the informants. The analysis of this research data included (Saleh, 2014): organizing data where interview data is organized, carrying out memorization, namely providing final notes on everything found, coding into categories and

themes, interpreting data, and presenting narratives and discussing the contents of the phenomena found.

RESULTS AND DISCUSSION

Based on the results of interviews with the informants at 15 to 16 August 2024, it was found 3 themes and 6 categories, which are presented in the table 1.

Table 1

Interview Data Analysis		
Phenomenon of dysmenorrhea	Theme 1: Severity of pain experienced	1 st Category: The worst time during a menstrual period
		2 nd Category: duration of pain
		3 rd Category: pain impact
	Theme 2: experiences of actions to relieve pain	4 th Category: risk factors and causal factors
		5 th Category: Other alternative actions
		6 th Category: Source of information on how to relieve pain
Theme 3: the results of pain relief actions		

Source: Collected by Author, (2024)

1. “How did the phenomenon of middle-aged adolescents experienced dysmenorrhea?”

To answer the first problem identification question: “how did the phenomenon of middle-aged adolescents experienced dysmenorrhea?” then we have obtained first theme, with first sub theme is obtained, namely: which is about the severity of pain experience. Some of the informants said that the severity of pain felt like abdominal cramps or very painful. The following are the excerpts from the informant's statements:

Informant 1: “...feels like cramps and throbbing in the lower abdomen...”

Informant 4: “...the pain is often in the stomach and also cramps...”

Informant 5: “...Cramps is centralized in the lower abdomen and sometimes accompanied by lower waist pain...”

Informant 6: “...cramps and lower abdominal pain, frequent lower waist pain...”

Informant 7: “...the pain is that the stomach is so tight it hurts so much...”

Informant 8: “...lower abdominal cramps, like constipation but more pulling...”

At the first theme, with second sub theme: some of the informants said that the pain came from abdomen to back of waist. The following are the excerpts from the informant's statement:

Informant 2: "...the waist and stomach area, so it feels like...it hurts from the front and the back..."

Informant 5: "...Cramps centralized in the lower abdomen sometimes accompanied by waist back pain..."

Informant 7: "...cramps and pain in the lower abdomen, often waist pain..."

If we look at first theme with third sub theme, the informant said that the pain felt by middle-aged adolescent girl was felt throughout the whole body. From this statement, it can be concluded that the middle-aged teenagers also experienced that pain made them difficult to stand or walk, and even make the whole body weak.

In the first theme there are three categories, and first category was obtained, namely: the worst time during menstruation. There are several informants who said that the worst time to experience pain was at the first to second day of the menstrual period. The following are the excerpts from the informant's statement:

Informant 1 and 2: "...on the first and second day..."

Informant 3: "...day 1-4..."

Informant 5: "...the most painful on the first day..."

Informant 6: "...the first until the second day..."

Informant 8: "...most painful on the first day..."

Only a few answered on the fourth day. The following are the excerpts from the informant's statement:

Informant 3: "...day 1-4..."

Informant 8: "... the pain was on the 4th day when I was about to finish..."

Although some said that the worst dysmenorrhea is at the start of the menstrual period, other said that the worst pain is in the last days before menstruation stops.

At the second category, we found 3 sub categories. Most stated that the duration of pain was 2 days. The following are the excerpts from the informant's statement:

Informants 1 and 2: "...on the first and second day..."

Informant 6: "... first day to second day..."

However, some informants answered that the pain only lasted for one day. The following are the excerpts from the informant's statement:

Informant 5: "...the most painful on the first day..."

Informant 7: "...pain on the 4th day just about to finish..."

Informant 8: "...most painful on the first day..."

But unfortunately, there was also those who stated that the duration of the pain lasted more than 2 days which is stated by informant 3. Even though most people said the duration of the pain is only 1 day or 2 days, there are also those who said that the pain can last for days.

At the third category, we found: the impact of pain on middle-aged adolescent girls, where there are 3 subcategories. First category was: mood shift or mood swing. The following are the excerpts from the informant's statement:

Informant 3: "... felt excessive sometimes mood is also affected..."

Informant 4: "... sometimes I can't stand up..., my bad mood is so bad that when I see someone I feel like... want to beat him up... and I rarely eat or drink..."

Informant 5: "... disturbing my concentration in doing activities..."

Informant 6: "... feeling about mood, so often easily in a bad mood when menstruating often mood swings..."

Moreover, the following informant's statement shows that the impact of pain had a huge on daily activities:

Informant 2: "...I find it difficult to do normal activities, I can only lie down... It really disturbs my focus when studying... my mood goes up and down, I feel a little sad, then I cry... I have no appetite for food and drink,..."

Informant 7: "... So I'm lazy about studying and I'm in a bad mood, I want to be angry and too lazy to do anything... usually I eat more often and rest..."

In the second subcategory, the impact of dysmenorrhea in middle-aged adolescents just wanted to sleep. The following are the excerpts from the informant's statement:

Informant 1: "... the pain was really bad, I just want to laid down..."

Informant 2: "... I find it's difficult to do normal activities, I can only lie down..."

Informant 8: "... Sometimes I just lie down all day and rarely eat..."

In the third subcategory, the impact of dysmenorrhea on middle-aged adolescents were loss of appetite or dysmenorrhea affected to the gastrointestinal system. The following are the excerpts from the informant's statements:

Informant 2: "... I find it difficult to do normal activities, I can only lie down...to eat and drink... feeling have no appetite ,..."

Informant 4: "... rarely eat or drink ..."

Informant 6: "... sometimes I just lie down all day and rarely eat ..."

In the fourth category, the following were found: risk factors and causal factors for dysmenorrhea in middle-aged adolescents. There are 4 subcategories in this fourth category. While in the first subcategory we found genetic factors, either from the mother or from their older siblings. The following are the excerpts from the informant's statements:

Informant 2: "... For me, it's because my mother is like that too, sis,... so that's how, it's inherited..."

Informant 3: "... Yes, from mother then sister..."

Informant 5: "... from my sister..."

Informant 6: "... there are risk factors for mother and sisters..."

Informant 7: "... risk factors from my older sister and she feels more pain than me..."

Informant 8: "... When my mother was a teenager, she also had pain during her period"

Meanwhile, in the second subcategory, it was found that the causative factor of dysmenorrhea in middle-aged adolescents were hormonal factors. The following are the excerpts from the informant's statements:

Informant 2: "...maybe because of hormones..."

Informant 6: "... I think it might be because of hormones..."

In the third subcategory, it was found that the factors caused dysmenorrhea in middle-aged adolescents were: processes in the reproductive system. The following are the excerpts from the informant's statements:

Informant 5: "...Because the stomach is processing the expulsion of dirty blood..."

Informant 7: "...I think it's muscle contractions in the uterus, maybe due to lack of blood supply to the uterine muscles..."

In the fourth subcategory, it was found that the causative factor for dysmenorrhea in middle-aged adolescents was an unhealthy lifestyle which stated by informant 2.

2. "How were the experiences of actions that had taken by the middle-adolescent girls to relieve dysmenorrhea"

To answer the problem identification question number 2, namely: "How were the experiences of actions that had taken by middle-adolescent girls to relieve dysmenorrhea?". This identification question is answered in the second theme, which found: actions that had taken by middle-aged adolescents to relieve dysmenorrhea were used warm/hot compresses. The following are the excerpt from the informant's statement:

Informant 1: "...I like to compress using warm water until my stomach feels better..."

Informant 4: "...using a heating pad..."

Informant 6: "...usually I compressed my stomach with warm water, until the pain in my stomach goes away..."

Informant 7: "...I used a bottle filled with hot water until the pain subsides a bit..."

Informant 8: "... usually drink warm water and compress..."

Meanwhile, in the second sub-theme, it was found that the action had taken by middle-aged teenagers to relieve dysmenorrhea were taking medication. The following is the excerpt from the informant's statement:

Informant 2: "... take pain killers and sleep ... but take medicine if pain is really bad..."

Informant 4: "... when I could not stand the pain anymore, I take medicine..."

In the third sub-theme, it was found that the action taken by middle-aged teenagers to relieve pain were drank warm water. The following is the excerpt from the informant's statement:

Informant 5: "... usually drink warm water or bitter plain tea,..."

Informant 8: "... Usually drink warm water and compress..."

Meanwhile, in sub-theme 4, it was found that the actions taken by middle-aged teenagers to relieve dysmenorrhea were laid down in various poses, which stated by informant 3.

While in sub-theme 5, it was found that informants carried out a combination of two or more actions to relieve dysmenorrhea. The following is the excerpt from the informant's statement:

Informant 2: "... take painkillers and sleep, bro... but take medicine if the pain really bad, but if the pain is normal, just rest..."

Informant 4: "... use a heating pad and then when it really doesn't feel right then I take medicine..."

Informant 8: "...usually drink warm water and compress..."

In the second theme, we obtained 2 categories, the first category was about other alternative actions to relieve dysmenorrhea in middle-aged adolescents, while the second category was about where were the sources of information to relieve pain came from. In this

first subcategory, there were 5 subcategories, the first was doing distraction. The following are the excerpt from the informant's statement:

Informant 2: "... I also do light exercise, walking, or shopping ..."

Informant 3: "... I just cried until tired and then slept so I didn't remember the pain"

Meanwhile, the second subcategory regarding alternative actions taken by middle-aged adolescents to relieve dysmenorrhea was consumed iron-enriching tablets, which was stated by informant 2.

For the third subcategory, the alternative actions taken by middle-aged adolescents to relieve pain were consumed pain reliefer, which is stated by informant 7. Likewise in fourth subcategory, it was found that alternative actions to relieve dysmenorrhea carried out by middle-aged adolescents were did mild exercise, which is stated by informant 2.

While in the second category, we found the source of information on how to relieve pain, here there are 3 subcategories and in the first subcategory we found that the source of information on how to relieve pain in middle-aged adolescents were from the family. The following are the excerpt from the informant's statements:

Informant 3: "... Advice from family, namely from my older sibling because her job is a health Worker..."

Informant 5: "... From parents, because my mother has often menstrual pain..."

Informant 7: "... from mother..."

Meanwhile, in the second subcategory, it was found that the source of information for relieving pain in middle-aged adolescents was from health workers. The following are the excerpt from the informant's statements:

Informant 3: "...from my sister because her job is a health worker..."

Informant 6: "...from social media and if there is outreach from health workers at school..."

In the third subcategory: the sources of information on how to relieve pain in was from social media. The following are the excerpt from the informant's statements:

Informant 2: "...mostly from the internet..."

Informant 3: "...there is a menstrual calendar application, there are always to handle it, which are carried out for 3 minutes according to the instructions in the application..."

Informant 6: "... from social media and if there is socialization from health workers at school..."

Informant 8: "... from website at google..."

3. "How were the results of pain relief actions that have been carried out by the middle-aged adolescents?"

In the third theme about the results of pain relief actions that have been carried out by middle-aged adolescents, there found 3 sub-themes. The first sub-theme was the pain reduced gradually. The following are the excerpt from the informant's statements:

Informant 3: "...when menstrual pain starts to subside after going to bed 2-3 hours..."

Informant 5: "...gradually over several hours, until finally the pain subsides..."

Informant 6: "...gradually, usually it doesn't heal quickly, it takes quite a long time with the way I treat it..."

Informant 7: "... the pain in my stomach decreased and there was no more throbbing, but it was slowly and didn't stop immediately, and it lasted for about

30-40 minutes”.

Informant 8: “... gradually, usually 1 day...”

In the second sub-theme, it was found that the result of pain relief actions in middle-aged adolescent was suddenly not more felt, which was stated by informant 2. Meanwhile, in the third sub-theme, it was found that the results of the pain relief measures carried out remained the same as before, which stated by informant 2.

DISCUSSION

The phenomenon of middle-aged adolescents experienced dysmenorrhea.

Regarding the first problem of identification question, namely how middle-aged adolescents experience dysmenorrhea, this has been answered in the results of interviews with the informants. Based on informants' statements, it was found that the pain experienced were varied, starting from: cramps in the abdomen, pain felt starting from the front of the abdomen spreading to the back of the waist and pain throughout the body feeling weak to the point of being unable to walk. This is as expressed by Aspiani (2017), that dysmenorrhea can start from the front of the abdomen, feelings of bloating and pain can spread to the waist and even to the back. Meanwhile, according to Kusmindarti and Munadlifah (2019), dysmenorrhea can start from stabbing pain in the abdomen with cramps and spreading to the back, thighs, and to the vulva. According to Sari and Hamranani, (2019), that abdominal cramps occur due to contractions caused by the peeling of the endometrium during menstruation. In addition, the pain is caused by continuous contraction of the abdominal muscles and causes the muscles to tense. This caused the pain to feel very painful so that the sufferer is unable to do daily activities and needs enough rest.

Meanwhile, the results of the answers to the question about when is the worst time during the menstrual period, the informants' answers also varied, starting from the answer: the fourth day of menstruation, but several informants gave the answer that the worst pain was on the first day to the second day of menstruation. Kusmindarti and Munadlifah (2019) stated that dysmenorrhea usually begins shortly before menstrual blood begins to flow up to 24 hours. According to Andarja (2018), dysmenorrhea can disrupt adolescents' daily activities and even result in a decrease in the quality of life of adolescents during menstruation.

About the impact of dysmenorrhea on middle-aged adolescents, some gave answers that they wanted to sleep all the time and even adolescents had no appetite during dysmenorrhea. However, some adolescents said that the dysmenorrhea they experienced had an impact on mood changes. This result differs from the opinion of Taqiyah, Jama and Najiyah (2022), that adolescents who often experience mood changes such as anxiety, often feeling sad and so on can cause dysmenorrhea.

The experiences of actions that had taken by the middle-adolescent girls to relieve dysmenorrhea.

There are various statements from informants related to the actions taken to relieve dysmenorrhea. Most informants stated that they had been using hot compresses with bottles or others. Some stated that informants consumed painkillers, but some informants simply drank warm to hot water. However, some of the informants combined 2 to 3 types of pain relief actions. The actions to treat dysmenorrhea, were several treatments, starting from simple

methods used warm water compresses, warm drinks, took adequate rest, massages, used herbal treatments, or doing distraction. According to Kozier in Hapsari (2019), compressing the lower abdomen with warm water can help relaxing the nerves and muscles. Based on Wiknjosastro's theory in Hapsari (2019), the use of analgesics, which is anti-inflammatory drugs and diuretics can relax the uterus. This drug is used to reduce or to eliminate pain or as a pain reliever without losing consciousness. According to Laila in Hapsari (2019), warm drinks function as dysmenorrhea neutralizer because it can provide a warm sensation to the body. Warm temperatures can minimize muscle contractions in the stomach so that they become more relaxed.

In this study, several actions that have been carried out by middle-aged adolescents may not have had effect on their dysmenorrhea, so they used various other alternative actions. Among them, some consumed iron tablets, others doing distractions to forget their pain, and there are also those who took preventive way by getting used to do light exercise. They usually get some iron tablets from the Community Health Center (Puskesmas) service which is usually distributed once to three months to every secondary schools. According to Simatupang and Widiyarti (2024), stated that Iron is available in the form of ferrous ions and ferric ions. Ferric ions will enter cells through the integrin mobiliferrin (IMP) pathway. Iron that successfully enters enterocytes will interact with paraferitin then being absorbed and used in the erythropoiesis process. The rest flows into the blood plasma to be used or stored. Meanwhile, distraction techniques involve diverting attention by going for a walk or shopping, or sleeping continuously for several hours, and there are even informants who cried continuously until they forgot about the pain.

The results of pain relief actions that have been carried out by middle-aged adolescents.

Regarding the second problem of identification question, namely the experiences resulted from actions that have been carried out by middle-adolescent girls to relieve dysmenorrhea. There are several variations of statements from the results of interviews with informants, including: the pain was gradually relieved over several hours. Some stated that after several hours the pain did not subside or the condition as same as before. However, there were also those who stated that suddenly the pain was no longer felt, this was especially for mild pain. Certain pain patterns cause pain of similar causes to be more likely to give the impression that the pain is due to a common cause and not to investigate further the possibility of other causes. In chronic pain, the body's reaction to chronic pain is an attempt to adapt to reduce the pain that will recure as long as the source of the pain is present. Handling chronic pain, especially recurrent and non-specific pain, requires patience and precision (Irianto, 2020).

CONCLUSSION, IMPLICATION, SUGGESTION, LIMITATIONS

Conclusion.

The conclusion that can be drawn from this qualitative phenomenological study is: dysmenorrhea pain can be varied. This pain can start from abdominal pain, or pain that can spread to the back of the waist and even to cramps that wrap around the abdomen. Dysmenorrhea generally occurs on the first to second day, with the duration of pain for one to two days. While dysmenorrhea has impacted on the desire to sleep continuously, and feeling of lost appetite to mood changes.

Several actions can be taken to relieve dysmenorrhea, such as: applying hot compresses, taking painkillers, and drinking warm water, as well as modifying several actions that can also be done. Even if these actions are not very useful, then other alternative actions can be taken, such as: taking iron tablets during menstruation, doing mild exercise, even trying to forget the pain by doing distractions such as going for a walk or shopping.

Meanwhile, the results of pain treatment can be varied, includes: the pain can gradually subside within a few hours, even the pain did not decrease or same as before. In mild pain, if pain-relief actions were taken, then suddenly the pain was no longer felt.

Implication

The implication of this research hopefully, the results of this study would be useful for the middle-aged adolescents who often suffered from dysmenorrhea. For those hoping to recover from dysmenorrhea, it is hoped that the pain-relief actions in this study will be useful. In addition, the number of absences at school due to dysmenorrhea can be reduced.

Suggestion

To the middle-aged adolescent girls in general, and middle-aged adolescents at SMA Negeri 1 Parongpong suggested to utilize such ways to relieve dysmenorrhea that have been proven more effective and to use those ways that have been used by their friends as well.

The second suggestion is that school through the School Health Unit (UKS) will teach how to deal with students' menstrual problems so that students' absence from school can be reduced every month. In this case, the school can ask for assistance from health workers at Community Health Center officers or health academics around the school to give their contributions as resource persons in health education.

The third suggestion is for subsequent researchers to develop this research using experimental method to test whether the way to relieve pain in this qualitative research are effective, by which can use larger samples or the research subjects are taken from the early adolescent age group or others.

Limitations

The limitations of this study are that the subjects were only female students of SMA Negeri 1 Parongpong with an age group between 15 and 18 years. The data collection of this study only explored the phenomenon of dysmenorrhea which was limited to 8 informants who were willing to be interviewed and who experienced dysmenorrhea every menstrual period and who took actions to relieve the pain in their own ways.

ACKNOWLEDGEMENT

First and foremost, the author is grateful to the Lord Jesus Christ who has given me wisdom, healthy and grace so that this article can be completed. My second gratitude goes to the 11th ISC committee who have given me the opportunity to involved in the 11th International Scholar Conference.

My deepest gratitude goes to my husband: Ir. Frederick Djula, for his supports in everything, even willing to be my right hand and right foot wherever I carried out my duties. I also express my gratitude to my beloved children: Sultan Fredyansyah Bagaskara Djula, S.Kep, Ners and my Young Pastor Prabu Nalesha Diwangkara Djula, S.Fil.

I would also like to express my thanks to my colleague Evelyn H. Tambunan, S.Kep, MSN, PhD.NED, who has been my qualitative research mentor for the suggestions, inputs and

recommendations that are very useful for me. Thanks to my student, Gressya Novriwanti Baringbing, who helped me to get research subjects and provided the contact numbers of the subjects to be used as informants in this study. Many thanks also to the students of SMA Negeri 1 Parongpong, including: Adinka, Alipia, Aulia, Olivia, Rani, Reva, Salsabilla and Susi who were willing to be interviewed.

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