



- Peran orangtua dalam membimbing menyikat gigi dengan kejadian karies gigi anak prasekolah
- Faktor kejadian diare pada balita dengan pendekatan teori Nola J. Pender di IGD RSUD Ruteng
- Peningkatan pengetahuan dan keterampilan perawat dalam pelaksanaan metode Kanguru pada BBLR melalui penyuluhan
- Penyuluhan kesehatan tentang program deteksi dini gangguan pendengaran meningkatkan pengetahuan dan sikap orang tua bayi usia 0 – 3 bulan
- Pendidikan kesehatan: dukungan suami kepada ibu *post partum* di rumah sakit Bhayangkara (RSB) Kupang
- Analisis faktor yang berhubungan dengan nyeri sendi ibu *post partum*
- Paritas dan IMT (Indeks Massa Tubuh) berhubungan dengan mioma uteri pada wanita usia subur
- Faktor yang berhubungan dengan pemilihan metode persalinan pada ibu *primipara*

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Analysis Factors Related to Primary Dysmenorrhea in Adolescent Girls at MTS Negeri Surabaya II

ANALISIS FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN DISMENORE PRIMER PADA REMAJA PUTRI DI MTS NEGERI SURABAYA II

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Abstract

Introduction : *Dysmenorrhea or menstrual pain is a common problem complained of by the teens that can interfere with daily activities and productivity adolescents. This study was aimed to analyze factors associated with the incidence of primary dysmenorrhea (nutritional status, physical activity and stress) in adolescent girls at MTs Negeri Surabaya II.* **Methods :** *This research used is a cross-sectional sample of 49 female students of class VIII. Sampling was done by simple random sampling technique. The independent variable in this study is the nutritional status, physical activity and stress. While the incidence of primary dysmenorrhea is the dependent variable. Data were obtained through a questionnaire and analyzed by using Spearman rank with a significant level of $p < 0.05$.* **Results :** *The results of this study found that nutritional status is not associated with the incidence of primary dysmenorrhea ($p = 1.00$), physical activity associated with the incidence of primary dysmenorrhea ($p = 0.003$), and stress also has a relationship with the incidence of primary dysmenorrhea ($p = 0.001$).* **Discussion:** *The nutritional status does not increase the risk of incidence of primary dysmenorrhea in adolescents, whereas physical activity and stress can increase the risk of incidence of primary dysmenorrhea in adolescent girls at MTs Negeri Surabaya II.*

Keyword : primary, dysmenorrhea, nutritional, status, stress, ,

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