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## THE ROLE OF WALKING ACTIVITIES ON THE LEVEL OF DYSMENORRHEA IN YOUNG GIRLS AT SMP NEGERI 1 BONDOWOSO.

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### ABSTRACT

Menstruation is one of the early characteristic changes in adolescents. Dysmenorrhea has a considerable impact on adolescents. Lack of physical activity will reduce the distribution of oxygen in the systemic circulation, thereby increasing a person's perception of pain, including dysmenorrhea. The purpose of this study was to analyze the effectiveness of walking with the level of menstrual pain (dysmenorrhea) in adolescent girls at SMP Negeri 1 Maesan Bondowoso. The design of this research is experimental research with One-Group Pretest-Posttest Design. The population in this study were students in grades 7 and 8 at SMP Negeri 1 Maesan Bondowoso who had a history of menstrual pain of 30 people. The sample size in this study was 30 people who were taken randomly. Collecting data using a questionnaire then the data is processed using SPSS using the Mann-Whitney U Test. The results of data analysis showed that before physical activity, most of the pain was mild as many as 18 people (60%) and after physical activity, most of the pain was mild as much as 19 people (63.3%). Sig) of 0.000 < 0.05, meaning that  $H_0$  is rejected and  $H_a$  is accepted, so that walking is effective against the level of menstrual pain (dysmenorrhea) in adolescent girls at SMP Negeri 1 Maesan Bondowoso. The hypothesis in this study is accepted and statistically proven. It is recommended that adolescents increase physical activity at home and at school such as jogging, walking etc.

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### INTRODUCTION

Adolescence is a dynamic developmental phase in one's life. One of the signs of youthfulness biologically is that teenagers start to experience menstruation (Mayangsari et al., 2020). Menstruation is one of the early characteristic changes in adolescents. Menstrual disorders that often occur in adolescents are dysmenorrhea (OKTORIKA, INDRAWATI, & SUDIARTI, 2020). Dysmenorrhea or menstrual pain is a symptom that most often causes young women to go to the doctor for consultation and treatment (Wiknjosastro, 2009).

Based on data from the World Health Organization (WHO) in 2017, there were 1,769,425 dysmenorrhea (90%) women who experienced dysmenorrhea, with 10-16% experiencing severe dysmenorrhea. The incidence of dysmenorrhea in the world is very large, on average almost more than 50% of women experience it. The prevalence of dysmenorrhea in Indonesia is 107,673 people (64.25%), consisting of 59,671 people (54.89%) experiencing primary dysmenorrhea and 9,496 people (9.36%) experiencing secondary dysmenorrhea (Herawati, 2017). The incidence of dysmenorrhea among women of reproductive age ranges from A. 45% -95% (Sadiman, 2017). Primary dysmenorrhea is experienced by 60% -75% of adolescents. It was reported that 30% -60% of young women had dysmenorrhea, 7% -15% did

not go to school (Larasati & Alatas, 2016). In East Java, the incidence of dysmenorrhea was 64.25%, consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea (Syaiful & Naftalin, 2018).

Several risk factors associated with the severity of dysmenorrhea are younger age at menarche, abnormal menstrual cycles, prolonged menstruation, obesity, malnutrition, lack of physical activity, and family history of dysmenorrhea. Smoking and alcohol use are also associated with the occurrence of primary dysmenorrhea (Mayangsari & Puri, 2020). Dysmenorrhea can be treated with pharmacological and non-pharmacological therapy. Pharmacological therapy includes administering analgesic drugs, hormonal therapy, non-steroidal prostaglandin drugs and cervical dilatation (Wiknjosastro, 2009). While non-pharmacologically it can be done with light exercise, warm compresses, relaxation, aromatherapy and massage. The advantages of non-pharmacological therapy are that this action is cheap, easy, and can be done at home as a treatment that allows clients and families to make efforts on pain symptoms and their treatment, while pharmacological therapy has side effects in its use such as nausea, vomiting, constipation, anxiety, and drowsiness. , and can too affects the risk of kidney disease, liver and heart problems (Widyanti & Resiyanti, 2021).

Lack of physical activity will reduce the distribution of oxygen in the systemic circulation, thereby increasing a person's perception of pain, including dysmenorrhea. Women who are physically active report less dysmenorrhea and exercise at least once a week, can reduce lower abdominal pain (Nursalam, 2016). Walking is a form of physical activity. Syarifah, (2017) recommends that women diligently walk for at least 30 minutes during menstruation. This is because anerobic physical activity is useful in reducing menstrual pain.

Based on the background above, the researcher is interested in conducting research on "Effectiveness of walking with levels of menstrual pain (Dysmenorrhea) in young women at SMP Negeri 1 Maesan Bondowoso".

## **METHOD RESEARCH**

The research design used in this study is a quasi-experimental (Quasi-Experimental). This quasi-experimental research design (Quasi-Experimental) seeks to reveal a causal relationship by involving the intervention group and the control group (Nursalam, 2017). The population is the entire research object or object to be studied (Hidayat, 2011). In this study, the population was grade 7 and 8 students at SMP Negeri 1 Maesan Bondowoso who had a history of menstrual pain of 30

person. The sample is a portion taken from the entire object under study and is considered to represent the entire population (Hidayat, 2011). The sample size in this study was 30 people. The sampling technique used in this research is random sampling. Random sampling is a type of probability sampling in which everyone in the entire target population has an equal chance of being selected (Kojo, Kaunang, & Rattu, 2021). The variables in the study are physical activity variables and dysmenorrhea variables. This research was conducted at SMP Negeri 1 Maesan, Bondowoso Regency. Data collection using a questionnaire. Data analysis consisted of univariate analysis and bivariate analysis which were processed computationally with the SPSS program (Larasati & Alatas, 2016).

## **RESULT AND DISCUSSION**

### **A. Frequency Distribution of Respondents based on Walking at SMP Negeri 1 Maesan Bondowoso**

**Table 1**  
Frequency Distribution of Respondents based on Walking at SMP Negeri 1 Maesan  
Bondowoso

No	Pain Level	Frekuensi	Persentase (%)
1	Mild pain	18	60.0
2	Moderate pain	12	40.0
Amout		30	100

Based on table 1, it was found that most of the respondents before getting walking therapy was mild pain as many as 18 people (60%) (Kural, Noor, Pandit, Joshi, & Patil, 2015).

**B. Frequency Distribution of Respondents based on Levels of Menstrual Pain (Dysmenorrhea) in young women at SMP Negeri 1 Maesan Bondowoso**

**Table 2**  
Frequency Distribution of Respondents based on Levels of Menstrual Pain (Dysmenorrhea)  
in young women at SMP Negeri 1 Maesan Bondowoso

No	Pain Level	Frekuensi	Persentase (%)
1	No pain	11	36.7
2	Mild pain	19	63.3
Amout		30	100

Based on table 2 it was found that most of the respondents after receiving walking therapy had mild pain as many as 19 people (63.3%).

**C. Differences in levels of menstrual pain (dysmenorrhea) in young women before and after receiving walking therapy at SMP Negeri 1 Maesan Bondowoso**

**Table 3**  
Differences in levels of menstrual pain (dysmenorrhea) in young women before and after  
receiving walking therapy at SMP Negeri 1 Maesan Bondowoso

No	Pain Level	Before	After	Change
1	No pain	0	11	11
2	Mild pain	18	19	1
3	Moderate pain	12	0	12

Based on table 3, it is known that there is a change in pain experienced by young women before and after receiving walking therapy at SMP Negeri 1 Maesan Bondowoso, before therapy the level of adolescent pain is in the mild and moderate category, after therapy the adolescent does not experience moderate pain, but not experiencing mild aches and pains (Hidayat, 2011).

## CONCLUSION

The level of menstrual pain (Dysmenorrhea) in young women before walking at SMP Negeri 1 Maesan Bondowoso is mostly mild pain as many as 18 people (60%). The level of menstrual pain (Dysmenorrhea) in young women after walking at SMP Negeri 1 Maesan Bondowoso mostly had mild pain as many as 19 people (63.3%). Walking is an effective level of menstrual pain (Dysmenorrhea) in young women at SMP Negeri 1 Maesan Bondowoso.

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