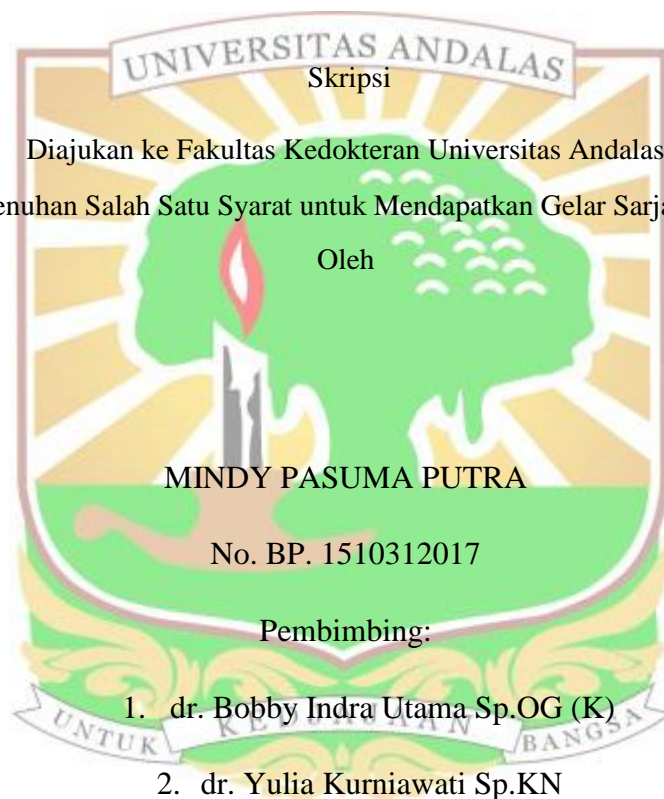


**HUBUNGAN SINDROM PRAMENSTRUASI DENGAN DERAJAT GANGGUAN
KEGIATAN BELAJAR SISWI SMAN 6 PADANG**



FAKULTAS KEDOKTERAN

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THE CORRELATION BETWEEN PREMENSTRUAL SYNDROME WITH THE DEGREE OF LEARNING DISTURBANCE AMONG FEMALE STUDENTS AT SMAN 6 PADANG

By

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ABSTRACT

Premenstrual syndrome is a collection of physical and psychological symptoms associated with a woman's menstrual cycle, symptoms usually appear 6-10 days before menstruation and disappear when menstruation begins, and can affect a woman's activities. Learning activities are defined as the overall activities of students in the teaching and learning processes which consist of physical and psychological activities. Physical activities are activities that include fundamental skills, while psychological activities are activities that require integration skills. There are many disorders that can affect the physical and psychological conditions, one of which is a premenstrual syndrome.

This study aimed to analyse the correlation of premenstrual syndrome with the degree of learning disturbance activities among female students at SMAN 6 Padang. This was an analytical study with a cross-sectional approach through a sampling technique of systematic random sampling. The research sample amounted to 105 female students from class XI of SMAN 6 Padang, and used questionnaires which were distributed at the same time in November 2018.

The results showed that there were (84.8%) who experienced premenstrual syndrome, in which (56.2%) experienced mild learning disturbances which were still able to take part in learning activities at school or at the additional courses, but were unable to concentrate properly. Chi-square statistical tests were performed with the SPSS application to analyse the data and see the correlation between the premenstrual syndrome's symptoms and the degree of disturbances in learning activities, which produced $p = 0.045$ ($p < 0.05$).

There was a significant relationship between premenstrual syndrome and the degree of the disturbances in learning activities among female students at SMAN 6 Padang. Thus, it is expected that researchers can further measure the severity of premenstrual syndrome and can explore more about the correlation between premenstrual syndrome with other daily activities.

Keywords: Premenstrual syndrome, learning activities, mild learning disturbances

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ABSTRAK

Sindrom pramenstruasi merupakan kumpulan gejala fisik dan psikis yang terkait dengan siklus menstruasi wanita, gejalanya biasanya timbul 6-10 hari sebelum menstruasi dan menghilang ketika menstruasi dimulai, serta dapat memengaruhi kegiatan seorang wanita. Kegiatan belajar merupakan keseluruhan aktivitas siswa dalam proses belajar mengajar yang terdiri dari kegiatan fisik dan psikis. Kegiatan fisik berupa keterampilan-keterampilan mendasar sedangkan kegiatan psikis berupa keterampilan integrasi. Terdapat banyak gangguan yang dapat memengaruhi kondisi fisik dan psikis tersebut, salah satunya adalah sindrom pramenstruasi.

Penelitian ini bertujuan untuk menganalisis hubungan sindrom pramenstruasi dengan derajat gangguan kegiatan belajar siswi di SMAN 6 Padang. Penelitian ini merupakan studi analitik dengan pendekatan *cross sectional* melalui teknik pengambilan sampel *systematic random sampling*. Sampel penelitian berjumlah 105 orang siswi dari kelas XI SMAN 6 Padang. Penelitian ini menggunakan kuesioner yang diedarkan dalam satu hari pada bulan November 2018.

Hasil penelitian menunjukkan bahwa terdapat (84.8%) responden yang mengalami sindrom pramenstruasi, dan (56.2%) mengalami gangguan belajar ringan yaitu masih dapat mengikuti kegiatan belajar di sekolah atau di tempat kursus, namun tidak mampu berkonsentrasi dengan baik. Uji statistik *chi square* dilakukan dengan aplikasi SPSS untuk menganalisis data dan melihat hubungan antara gejala sindrom pramenstruasi dengan derajat gangguan kegiatan belajar, serta diperoleh nilai $p = 0.045$ ($p < 0.05$)

Dimana terdapat hubungan yang signifikan antara sindrom pramenstruasi dengan derajat gangguan kegiatan belajar siswi di SMAN 6 Padang. Sehingga diharapkan bagi peneliti selanjutnya dapat mengukur derajat keparahan dari sindrom pramenstruasi dan bisa meneliti lebih luas lagi mengenai hubungan sindrom pramenstruasi dengan kegiatan sehari-hari lainnya.

Kata kunci: sindrom pramenstruasi, kegiatan belajar, gangguan belajar ringan