

SKRIPSI

HUBUNGAN PENGETAHUAN DAN SIKAP REMAJA PUTRI SERTA PERAN IBU DENGAN PERAWATAN MANDIRI REMAJA PUTRI DALAM MENGURANGI DISMENORE PRIMER PADA SISWI SMPN 12 PADANG

Penelitian Keperawatan Maternitas



Pembimbing :

Dr. Vetty Priscilla, M.Kep., Sp.Mat., MPH

Dr. Ns. Dwi Novrianda, S.Kep., M.Kep

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2026**

FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
Mei 2026

Nama : Farisya Nurul Fadila
NIM : 2211313006

**Hubungan Pengetahuan Dan Sikap Remaja Putri Serta Peran Ibu Dengan
Perawatan Mandiri Remaja Putri Dalam Mengurangi Dismenore Primer
Pada Siswi SMPN 12 Padang**

ABSTRAK

Dismenore primer masih menjadi masalah kesehatan reproduksi yang sering dialami remaja putri dan dapat mengganggu aktivitas, konsentrasi belajar, serta kualitas hidup. Perawatan mandiri yang dilakukan dalam mengurangi dismenore primer masih belum optimal, sehingga perlu diidentifikasi faktor-faktor yang berhubungan. Penelitian ini bertujuan mengetahui hubungan pengetahuan dan sikap remaja putri serta peran ibu dengan perawatan mandiri remaja putri dalam mengurangi dismenore primer pada siswi SMPN 12 Padang. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Subjek penelitian adalah 114 siswi kelas VII yang mengalami *dismenore primer* dan dipilih melalui teknik *simple random sampling*. Data dikumpulkan menggunakan kuesioner *Knowledge of Primary Dysmenorrhea (KoPD)*, *Menstrual Attitude Questionnaire (MAQ)*, *Perceived Parental Support Scale (PPS)* dan *Adolescent Dysmenorrheic Self-Care Scale (ADSCS)*. Hasil analisis univariat menunjukkan pengetahuan (median=17,00), sikap (median=51,00), peran ibu (median=27,00), dan perawatan mandiri (median=47,00) berada pada kategori baik/positif. Analisa data menggunakan uji *Spearman Rank Correlation*. Hasil analisis bivariat menunjukkan hubungan signifikan antara pengetahuan ($p=0,003$; $r=0,275$), sikap ($p=0,013$; $r=0,232$), dan peran ibu ($p=0,000$; $r=0,845$) dengan perawatan mandiri. Peran ibu merupakan faktor yang berpengaruh besar dengan kontribusi 71,40%. Disarankan sekolah dan tenaga kesehatan meningkatkan edukasi kesehatan reproduksi serta melibatkan keluarga, terutama ibu, dalam mendukung perawatan mandiri remaja putri.

Kata kunci : Dismenore primer, Peran ibu, Perawatan mandiri, Pengetahuan, Remaja putri, Sikap.

Daftar Pustaka : 66 (2010 – 2025)

FACULTY OF NURSING
UNIVERSITY OF ANDALAS
Mei 2026

Name : Farisya Nurul Fadila
NIM : 2211313006

The Relationship Between Adolescent Girls' Knowledge and Attitudes, and the Role of Mothers, and Their Self-Care Practices in Reducing Primary Dysmenorrhea Among Female Students at SMPN 12 Padang

ABSTRACT

Primary dysmenorrhea remains a common reproductive health issue among adolescent girls and can interfere with daily activities, academic concentration, and quality of life; however, self-management strategies to alleviate primary dysmenorrhea are still suboptimal, making it necessary to identify the associated factors. This study aims to determine the relationship between adolescent girls' knowledge and attitudes, as well as the role of mothers, and their self-care practices in reducing primary dysmenorrhea among female students at SMPN 12 Padang. This study employed a quantitative design with a cross-sectional approach. The study subjects were 114 seventh-grade female students experiencing primary dysmenorrhea, selected using simple random sampling. Data were collected using the Knowledge of Primary Dysmenorrhea (KoPD) questionnaire, the Menstrual Attitude Questionnaire (MAQ), the Perceived Parental Support Scale (PPS), and the Adolescent Dysmenorrheic Self-Care Scale (ADSCS). The results of the univariate analysis showed that knowledge (median = 17.00), attitude (median = 51.00), the mother's role (median = 27.00), and self-care (median = 47.00) fell into the good/positive category. Data analysis was performed using Spearman's rank correlation test. The results of the bivariate analysis showed a significant association between knowledge ($p=0.003$; $r=0.275$), attitude ($p=0.013$; $r=0.232$), and the mother's role ($p=0.000$; $r=0.845$) and self-care. The mother's role is a major influencing factor, accounting for 71.40% of the variance. It is recommended that schools and health workers enhance reproductive health education and involve families, particularly mothers, in supporting self-care among adolescent girls.

Keywords : Primary Dysmenorrhea, Maternal Role, Self-Care, Knowledge, Adolescent Girls, Attitudes.

Bibliography: 66 (2010 – 2025)