

The Effect of Health Education Through Jenga Tower with Dysmenorrhea Card (Jedor) on Adolescents' Knowledge About Primary Dysmenorrhea in SMA 01 Kota Bengkulu

Amanda Pasca Amaliyah¹, Agung Riyadi², Lusi Andriani^{1,*}, Demsa Simbolon³

¹Department of Midwifery, Poltekkes Kemenkes Bengkulu, Bengkulu, Indonesia

²Department of Nursing, Poltekkes Kemenkes Bengkulu, Bengkulu, Indonesia

³Department of Nutrition, Poltekkes Kemenkes Bengkulu, Bengkulu, Indonesia

Email address:

lusi@poltekkesbengkulu.ac.id (Lusi Andriani)

*Corresponding author

Abstract

One of the characteristics of puberty in adolescent girls is menstruation. Menstruation is often accompanied by pain called dysmenorrhea. Dysmenorrhea is categorized into two types, namely primary and secondary dysmenorrhea. The incidence of dysmenorrhea in Indonesia is 64.25%. Dysmenorrhea that is not treated properly can interfere with daily activities, even making it difficult for young women to concentrate while studying, thus potentially reducing their learning achievement. This study aims to determine the effect of Jenga Tower With Dysmenorrhea Card (Jedor) on Adolescent Knowledge About Primary Dysmenorrhea at SMA Negeri 01 Bengkulu City. This type of research is a pre-experimental one group pretest and posttest design. The sample in this study were 36 female students of SMA Negeri 01 Bengkulu City. Sampling using Stratified Random Sampling technique. Data analysis in this study using Paired T-test. The results of the study showed that the average knowledge before being given jedor media was 6.44 and after being given jedor media was 11.58. Based on the Paired T-test test, the p value = 0.000 <0.05, which shows that there is an effect after being given jedor media on the knowledge of adolescent girls about dysmenorrhea at SMA Negeri 01 Bengkulu City. This research suggestion, it is hoped that Jedor media can be a learning media to provide information about health and this media can be developed again.

Keywords

Dysmenorrhea, Jedor Media, Knowledge, Adolescents