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GAMBARAN KECEMASAN REMAJA SAAT MENSTRUASI DI SDN 02 SEMULI JAYA

ABSTRAK

Latar Belakang: Saat ini masih terdapat remaja yang mengalami kecemasan saat menstruasi. Kecemasan saat menstruasi dapat memengaruhi kehidupan remaja. Penelitian ini bertujuan untuk mengetahui gambaran kecemasan remaja saat menstruasi di SDN 02 Semuli Jaya, Lampung Utara, Lampung.

Metode: Pendekatan kualitatif deskriptif yang dilakukan dengan Foccus Group Disscusion (FGD). Informannya siswa kelasVI di SDN 02 Semuli Jaya yang telah menstruasi menggunakan teknik *purposive sampling* yaitu berdasarkan pertimbangan tertentu. Data dari hasil FGD siswa, wawancara pihak sekolah dan wali siswa. Menggunakan analisis data tematik. Penelitian di analisis dengan cara Miles dan Huberman dari pengumpulan data, reduksi data, penyajian data, penarikan kesimpulan dan verifikasi sampai data yang didapat sudah jenuh. Dilakukan dari Oktober-Desember 2020.

Hasil: Siswa di SDN 02 Semuli Jaya alami kecemasan saat menstruasi dengan gejala, perasaan takut, perasaan berubah-ubah, gelisah, mudah marah, deg-degan atau berdebar. Mereka juga mengalami dampak dari kecemasan seperti terhambatnya aktivitas, kurang percaya diri, konsentrasi menurun, tidak semangat, malas melakukan kegiatan dan pola makan cenderung meningkat dan ada yang menurun. Upaya mengatasi kecemasan yang dilakukan seperti istirahat, bermain *handphone* dan melihat tayangan televisi.

Simpulan: Gejala kecemasan yang dialami remaja ialah perasaan takut, perasaan berubah, gelisah, marah, deg-degan atau berdebar saat pramenstruasi sampai berlanjut saat menstruasi. Dampaknya aktivitas terhambat, kurang percaya diri, konsentrasi menurun, tidak semangat, pola makan meningkat dan menurun. Upaya mengatasinya dengan istirahat, bermain *handphone* dan melihat tayangan televisi. Upaya yang dilakukan remaja masih belum mengatasi kecemasan dengan maksimal.

Kata Kunci : Kecemasan, Menstruasi, Remaja

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DESCRIPTION OF YOUTH ANXIETY WHEN MENSTRUATING IN SDN 02 SEMULI JAYA

ABSTRACT

Background: Currently there are still teenagers who experience anxiety during menstruation. Anxiety during menstruation can affect teenage life. This study aims to determine the description of teenage anxiety during menstruation at SDN 02 Semuli Jaya, North Lampung, Lampung.

Methods: A descriptive qualitative approach carried out by using the Focus Group Discussion (FGD). The informant was the VI grade students at SDN 02 Semuli Jaya who had menstruated using a purposive sampling technique based on certain considerations. Data from the results of student FGDs, interviews with the school and student guardians. Using thematic data analysis. The research was analyzed by means of Miles and Huberman from data collection, data reduction, data presentation, drawing conclusions and verification until the data obtained was saturated. Conducted from October-December 2020.

Results: Students at SDN 02 Semuli Jaya experienced anxiety during menstruation with symptoms, feelings of fear, changing feelings, restlessness, irritability, nervousness or palpitations. They also experience the effects of anxiety such as inhibition of activity, lack of confidence, decreased concentration, lack of enthusiasm, laziness to do activities and eating patterns tend to increase and some are decreasing. Efforts to overcome anxiety are carried out such as resting, playing on cellphones and watching television shows.

Conclusion: The symptoms of anxiety experienced by adolescents are feelings of fear, feelings of change, anxiety, anger, nervous or pounding during premenstrual periods until they continue during menstruation. The impact is inhibited activity, lack of confidence, decreased concentration, lack of enthusiasm, increased and decreased diet. Efforts to overcome this by resting, playing on cellphones and watching television shows. The efforts made by adolescents have not yet fully overcome anxiety.

Keywords: Anxiety, Menstruation, Youth