# ***ABSTRACT***

***Overview of the Level of Knowledge and Treatment of Dysmenorrhea in Adolescent Girls at SMA Negeri 2 Kuta Utara***

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*Adolescence is an important phase in a person's life which is characterized by physical, emotional, and social changes. In adolescent girls, puberty is characterized by the maturity of the reproductive organs and the ability to reproduce. This ability can be seen from the primary signs of growth, such as the first menstruation or menarche. The menstruation that women feel from one woman to another has different properties and levels of pain, ranging from mild to severe pain, this condition is called dysmenorrhea. Treatment of dysmenorrhea can be done using pharmacological and non-pharmacological techniques. This study aims to find out an overview of the level of knowledge and treatment of dysmenorrhea in adolescent girls at SMA Negeri 2 Kuta Utara. This type of research is quantitative descriptive with a cross sectional approach. The sampling technique used was probability sampling of the proportioned stratified random sampling type and the number of respondents was 231 people. The results of the study showed that most of the knowledge levels in the good category were 152 people (65.8%), while for the treatment of dysmenorrhea, the majority of respondents had good dysmenorrhea treatment as many as 101 people (43.7%). Understanding dysmenorrhea and its treatment methods is an important aspect for young women. One of the strategies to increase their knowledge is through education that is counseling or a direct approach, such as accessing various sources of information, consulting with health workers, and discussing with family and peers.*

***Keywords:*** *Dysmenorrhea, Adolescent Women, Dysmenorrhea Treatment*