# ***ABSTRACT***

***OVERVIEW THE LEVEL OF KNOWLEDGE OF ADOLESCENT WOMEN REGARDING NON-PHARMACOLOGICAL MANAGEMENT OF DYSMENORHORE***

Ni Kadek Ira Apriliani 1, Ni Ketut Citrawati 2, Anak Agung Sri Sanjiwani 3

Program Studi Keperawatan Program Sarjana Stikes Wira Medika Bali

*Dysmenorrhea is discomfort or pain that often occurs in teenagers when menstruating. This problem often disrupts the learning activities of young women at school, apart from that, dysmenorrhea also has an impact on the physical, psychological, social and economic health of teenagers. Various efforts can be made to overcome the problem of dysmenorrhea, but not all teenagers have good knowledge regarding how to treat it. This study aims to determine the level of knowledge of young women regarding non-pharmacological treatment of dysmenorrhea at SMA Negeri 8 Denpasar. The type of research used in this research was descriptive quantitative with a stratified random sampling technique involving 212 samples. Data was collected using a questionnaire on the level of knowledge of young women regarding non-pharmacological treatment of dysmenorrhea, which has been tested for validity with a result of 0.470 and a reliability test with a result of 0.876. The research results showed that the majority of respondents were 16 years old, namely 112 respondents (52.8%), the most respondents who experienced menstruation for 5 days were 87 respondents (41.0%), the most dysmenorrhea treatment that could be done was by resting, 103 respondents (48.6%) and 8 respondents (3.8%) treated dysmenorrhea using pharmacological methods. The majority of teenagers' knowledge about non-pharmacological treatment of dysmenorrhea was categorized as having sufficient knowledge, namely 142 respondents (67.0%). The level of knowledge obtained is influenced by several factors, one of which is the uneven source of information provided by schools regarding non-pharmacological treatment of dysmenorrhea. Facilitating teenagers in obtaining information is one effort that can be made to increase teenagers' knowledge.*

# ***Keywords: Knowledge, Non-Pharmacological Management of Dysmenorrhea, Adolescents***