

## Youth Empowerment in Efforts to Improve *Self Care* and Reproductive Health at the Salafiyah Syafiiyah Islamic Boarding School in Situbondo

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### ABSTRACT

Menstrual pain or dysmenorrhea is a condition that bothers most people current woman menstruation regardless of age with the highest percentage in age early teens who have just experienced menarche. Dysminorrhea is also known as a disorder nature symptomatic means is not a disease but only one of the symptoms that appear and can causes discomfort. The process of occurrence painful period or dysmenorrhea that is on phase proliferation going to phase secretion happen enhancement rate prostaglandins in endometrium in a way excessive Which can This causes myometrium to contract, resulting in subsequent ischemia with a decrease in progesterone levels at the end of the luteal phase. This matter causes pain in the uterine muscles before, during and after menstruation . Activity This community service aims to help increase knowledge and adolescent skills daughter through training activities. Activity targets this is the whole teenager daughter Which Already experience menstruation and have history previous menstrual pain at the Salafiyah Syafiiyah Islamic Boarding School in Situbondo, The expected benefits from training activities include increasing knowledge and mothers' skills regarding the prevention and management of menstrual pain in adolescent girls. The method used in this activity is through tutorials or training. Nara The sources for this activity include students and a team of lecturers from the Faculty of Midwifery Study Program Ibrahimy University of Health Sciences. The results of this activity include young women can handle or provide education to teenagers or students another about benefit from technique acupresseur.

**Keywords:** Acupressure, dysminorrhea, reproductive health

Received: January 8, 2024

Revised: February 11, 2024

Accepted: March 18, 2024



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### INTRODUCTION

Menstruation usually comes accompanied by several complaints, one of which is menstrual pain (Dysmenorrhea) (Susanti, 2021). Menstrual pain usually lasts for one to several days during menstruation (Susanti, 2022). Menstrual pain is one of the most common gynecological problems, can affect more than 50% of women and causes the inability to carry out daily activities for 1 to 3 days each month in around 10% of these women (Neny Yuli Susanti, 2022b). Teenagers' absence from school due to menstrual pain reaches

approximately 25% (Wahyuni & Oktaviani, 2018). Adolescent girls who experience menstrual pain disorders are very disturbed by the teaching and learning process (Sabrima et al., 2020). This makes it difficult for young women to concentrate because of the discomfort they feel during menstrual pain or dysmenorrhea (Abreu-Sánchez et al., 2020). Therefore, in adolescence, if menstrual pain or dysmenorrhea occurs, it must be treated.

According to the World Health Organization (WHO), the incidence of dysmenorrhea is quite high throughout the world (Somoyani, 2018). The average incidence of dysmenorrhea in young women is between 16.8-81% (Khotimah & Subagio, 2021). On average, in European countries, dysmenorrhea occurs in 45-97% of women. With the lowest prevalence in Bulgaria (8.8%) and the highest reaching 94% in Finland. The highest prevalence of dysmenorrhea is found in female adolescents, which is estimated to be between 20-90%. Around 15% of teenagers are reported to experience severe dysmenorrhea (Susanti et al., 2014). According to Savitri (2015) in Silviani et al (2019), the incidence of dysmenorrhea in Indonesia for primary dysmenorrhea is 54.89% and secondary dysmenorrhea is 9.36% (Sencan et al., 2018).

This community service activity is in collaboration with several partners is at the Salafiyah Syafiiyah Islamic Boarding School, namely the Santri Association Organization located at the Salafiyah Syafiiyah Islamic Boarding School, Situbondo Regency (Susanti & Putri, 2019). Devotion This will provide knowledge about handling dysminor in young women Which experiencing menstrual pain. The results will provide benefits about how to massage When menstrual pain comes, what medicine is appropriate for these women to use? No worry Which excessive (Fitria et al., 2021) . This service will be carried out for several days and leaflets will be made so that women who experience menstrual pain can read correctly directly if you forget to remember it, so that if it is done correctly And appropriate will reduce number/amount Which experience disminor (Febriyanti et al., 2021).

## **METHOD**

The implementation method for the community service program is through counseling and direct demonstrations for young women at the Salafiyah Syafiiyah Islamic Boarding School in Situbondo, through 2 (two) stages, namely: 1) Pre-Activity: Implementation strategy meeting: The implementation strategy meeting will be chaired by the chief executive to discusses the strategy and planning of the community service program being implemented. Location survey: The survey is carried out no later than one day before the activity is carried out to arrange the layout of equipment and the form of the activity. 2) Activity Implementation: The activity implementation stage is the main stage of the community service program. Respondents to the activities at the implementation stage were young women at the Salafiyah Syafiiyah Islamic Boarding School in Situbondo. To assist students, we divide two activity sessions. The distribution of implementation includes counseling activities and acupressure training to increase knowledge and skills regarding efforts to prevent and treat dysmenorrhea in young women and continues with direct demonstrations, discussion activities and pre-test and post-test activities. 3) Post-Activity: The post-activity stage is the final stage of the community service program, in this stage an evaluation and activity report will be carried out. Evaluation is carried out before and after counseling and training. Prior to counseling and training, the aim is to determine the initial knowledge and skills of young women regarding acupressure. Meanwhile, the evaluation after counseling and training aims to determine changes in the understanding and skills of young women regarding acupressure as an effort to prevent and overcome the occurrence of dysmenorrhea in teenagers.

Almost all women experience pain at times menstruation, menstrual pain experienced is

usually limited to the stomach the bottom, but can also spread to the waist, thighs or legs. The pain can be felt accompanied by nausea, vomit, diarrhea, Sick head, constipation, frequent urination even faint. Based on surveys conducted by many women who experience menstrual pain during PMS, so with this service It is hoped that women know how to face and handle menstrual pain come so you don't need to worry too much and be calm in dealing with it. Therefore, based on the results of situation analysis and discussion with teenagers who are at the Salafiyah Syafiiyah Islamic Boarding School formulated a number of problem, that is : Not yet know method handling dysmenorrhea with right or not know technique massage For overcome disminor with acupressure. The aim of this service activity is to provide insight and knowledge for the treatment of menstrual pain (dysmenorrhea) faced by women, because when Menstrual pain comes and most women generally don't deal with it and leave it alone so it can cause excessive stress. Besides That ladies Which experience matter the will given counseling aboutproblem Which faced especially about treatment in a way appropriate And Correct, so that Can done treatment in a way independent (self-medication) even without using medicine, namely acupressure (massage).

## RESULTS

The results achieved from implementing community service program activities, namely empowering teenagers in an effort to improve self-care and reproductive health at the Salafiyah Syafiiyah Situbondo Islamic Boarding School are as follows:

### a. General Description of Respondents

**Table 1.** Frequency Distribution of Respondents Based on Age of Young Women at the Salafiyah Syafiiyah Islamic Boarding School in Situbondo

No.	Age (Years)	Frequency	%
1.	11-13	10	23.8
2.	14-16	20	47.6
3.	17-20	12	28.6
Amount		42	100

Source: Primary Data 2023

Table 1 shows that of the 42 respondents, almost half (47.6%) were aged 14-16 years, namely middle *adolescents*.

### b. Extension Activities

The results of the pre-test and post-test regarding dysmenorrhoea education and efforts to prevent and treat dysmenorrhoea.

**Table 2.** Frequency Distribution of Respondents' Knowledge Level

No.	Knowledge	Pre Test (%)	Post Test (%)
1.	Good	11.9	95.3
2.	Enough	16.6	4.7
3.	Not enough	71.5	0
Amount		100	100

Source: Primary Data 2023

Table 2 shows the pre-test and post-test counseling which was attended by 42 respondents, it can be stated that the results of the pre-test regarding dysmenorrhoea education and efforts to

prevent and treat the occurrence of dysmenorrhea are mostly at a level of low knowledge, namely 30 people (71.4%) and the results of the post-test regarding Dysmenorrhoea education and efforts to prevent and treat dysmenorrhoea were almost entirely at a good level of knowledge, namely 40 people (95.3%). Judging from the evaluation results, counseling is effective in increasing knowledge.

### c. Acupressure Massage Activities

**Table 3.** Frequency Distribution of Ability to Perform Acupressure Massage

No.	Knowledge	Pre Test (%)	Post Test (%)
1.	Good	0	100
2.	Enough	4.8	0
3.	Not enough	95.2	0
<b>Amount</b>		100	100

Source: Primary Data 2023

Based on table 3, the pre-test and post-test on the ability to do abdominal stretching of 42 respondents, it can be stated that the pre-test results on the ability to do abdominal stretching are almost entirely low ability, namely 40 people (95.2%) and the post-test results on the ability to do abdominal stretching. Stretching was entirely based on good ability, namely 42 people (100%). With good ability to perform abdominal stretching, it is hoped that all respondents will be able to apply it in their daily activities as an effort to prevent and overcome dysmenorrhea (Tyas et al., 2018).

### Community Service Activities :





## DISCUSSION

Based on results evaluation pre -test and post-test counseling which was attended by 42 respondents, it can be stated that the results of the pre-test regarding dysmenorrhoea education and efforts to prevent and treat the occurrence of dysmenorrhea were mostly at a low level of knowledge, namely 30 people (71.4%) and the results of the post-test regarding education dysmenorrhoea and efforts to prevent and treat the occurrence of dysmenorrhoea were almost entirely at a good level of knowledge, namely 40 people (95.3%). Judging from the evaluation results, counseling is effective in increasing knowledge. Based on the results of the pre-test and post-test on the ability to do abdominal stretching as many as 42 respondents, it can be stated that the pre-test results on the ability to do abdominal stretching are almost entirely low ability, namely 40 people (95.2%) and the post-test results on the ability to do abdominal stretching all of them had good abilities, namely 42 people (100%). With good ability to perform abdominal stretching, it is hoped that all respondents will be able to apply it in their daily activities as an effort to prevent and overcome dysmenorrhea (Effectiveness et al., 2022).

This community service activity is carried out in the form of Health Education and acupressure training. To be able to understand the importance of counseling regarding dysmenorrhoea and efforts to prevent and treat dysmenorrhoea in adolescent girls at the Salafiyah Syafiiyah Islamic Boarding School in Situbondo. Knowledge is the result of knowing and this occurs after people sense a particular object (Ashari et al., 2020) . In this community service activity, participants were given counseling in the form of dysmenorrhoea education and efforts to prevent and treat dysmenorrhoea in young women at the Salafiyah Syafiiyah Islamic Boarding School in Situbondo. The hope of providing this health education is that young women can increase their understanding and insight into the importance of understanding dysmenorrhoea and efforts to prevent and treat dysmenorrhoea using *pre-test* and *post-test methods*.

## CONCLUSION

Youth Empowerment in Efforts to Improve Adolescent *Self Care* and Reproductive Health at the Salafiyah Syafiiyah Situbondo Islamic Boarding School aims to provide insight, knowledge and knowledge related to reproductive health care provided during community service (adolescent girls).

1. Nearly all young women at the Salafiyah Syafiiyah Situbondo Islamic Boarding School have good knowledge after being given health education about dysmenorrhea.
2. All young women at the Salafiyah Syafiiyah Situbondo Islamic Boarding School are able to carry out acupressure activities to prevent and treat dysmenorrhea.

Referring to the results of this community service The advice that can be given is the realization of the next stage of the plan or the follow-up plan that has been prepared, namely coordination with the female santri alumni association as partners in community service for further activities.

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