

DESCRIPTION OF DYSPMINOREA IN ADOLESCENT WOMEN IN DEMAKAN  
VILLAGE  
SUKOHARJO DISTRICT

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ABSTRACT

**Background** : Dysmenorrhea or menstrual pain is a common problem that occurs in almost all women of reproductive age in the world. Dysmenorrhea is abdominal pain that comes from uterine cramps that occur during menstruation in the form of stiffness or spasms in the lower abdomen. Dysmenorrhea is very detrimental to sufferers, it is necessary to try to overcome it. **Objective** : To describe dysmenorrhea in adolescent girls in Demakan Village, Sukoharjo Regency. **Methods**: this research method is descriptive survey. The sample in this study was 57 respondents obtained by purposive sampling technique. Data collection in this study used primary data by giving NRS (Numeric Rating Scale) questionnaires to respondents. **Results**: the results of this study indicate that most of the respondents have the age of 13 years as many as 23 respondents (40.4). The level of dysmenorrhea showed that the majority of young women experienced dysmenorrhea with a mild pain level of 27 (47.4%). **Conclusion**: Dysmenorrhea in adolescents experienced the most mild pain levels. So that young women are expected to be able to increase knowledge related to dysmenorrhea and how to handle it.

Keywords: Young women, Dysminorrhea