

**DESCRIPTION OF KNOWLEDGE AND ATTITUDES OF ADOLESCENTS
REGARDING DYSMENORRHEA MANAGEMENT AT MUHAMMADIYAH
5 JUNIOR HIGH SCHOOL SURAKARTA**

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ABSTRACT

Background: Dysmenorrhea is pain during menstruation, especially at the bottom of the abdomen that can radiate to the lower back, waist, pelvis, upper thighs, and calves. In Surakarta City, aged 10-19 years, there are 117 adolescents who experience menstrual disorders and the highest number of adolescents is 20 adolescents in Pajang Village. Good knowledge and attitudes about dysmenorrhea management are important to reduce its negative impact. **Objective:** describe the level of knowledge and attitudes of adolescents regarding dysmenorrhea management as a basis for reproductive health education. **Methods:** This study used a quantitative approach with descriptive methods. The number of samples needed was 49 respondents with purposive sampling technique. The instrument used was a questionnaire with a guttman scale to assess knowledge and a Likert scale to assess attitude. Meanwhile, the data collection tool used a questionnarie. **Results:** The results showed that most respondents had a good level of knowledge as many as 40 respondents (81.6%) and had a positive attitude as many as 46 respondents (93.9%). **Conclusion:** Most of the students of SMP Muhammadiyah 5 Surakarta showed a good level of knowledge and a positive attitude in handling dysmenorrhea.

Keywords: *Dysmenorrhea management, Adolescent knowledge, Adolescent Attitude.*