

## Risk Analysis of Psychological Disorders of Menstrual Period in Adolescent Children

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### ABSTRACT

Globalization and the monetary crisis, apart from providing opportunities, also presented big challenges, because they could change the map of health services which could result in the development of service quality and accelerate technology transfer. Most of the female adolescents experience psychological disorders due to the complex attributes of adolescent women due to physiological changes in the body either expected or due to age, one of which is the biggest factor of psychological problems on the arrival of the menstrual period. This research is an exploratory case study with a cross sectional approach on psychological disorders of menstrual periods in teenage girls of SMAN 4 Baturaja. The research subjects are 383 students of grade X, XI and XII students. From the univariate results of menstrual period psychological disorders, mild, namely 223 respondents (58.2%) and heavy 160 respondents (41.8%). Age at first menstruation without risk was 369 respondents (96.3%) and at risk was 14 respondents (3.7%), weight without risk is 276 respondents (72.1%), and at risk is 107 respondents (27.9%). menstrual cycle, regular was 203 respondents (53%) and irregular were 180 respondents (47%). During menstruation, mild pain was 70.2% of respondents and severe pain was 114 respondents (29.8%). Based on the bivariate results of the first menstrual period, the p-value was 0.050, body weight obtained a p-value of 0.004, the menstrual cycle was obtained p-value of 0.002, the menstrual period obtained a p-value of 0,000. There is a relationship between age at first menstruation, body weight, menstrual cycle and menstrual pain with psychological disorders in teenage students

Keywords: risk Psychological disorders, teenagers, Menstruation.

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### 1. INTRODUCTION

Current psychological treatment has been able to minimize dysfunction in adolescent psychological disorders, the health service system for patients with psychological disorders in Indonesia is also better, these two positive factors will not be useful if teenagers and their families do not make optimal use of them (Dharmady, 2011). Most adolescents experience psychological disorders that occur in adolescent girls, this incident is caused by the complex attributes of adolescent women due to physiological changes in the body that are expected or arise due to age, one of the most significant factors of psychological problems in girls is the arrival of menstruation. Even though menstruation is actually a natural biological symptom and must be treated fairly, to prevent continuous health problems related to psychological disorders during menstruation, it is necessary to increase the knowledge of

students because high school students are adolescents, the effectiveness of a treatment and the success of overcoming psychological disorders during menstruation by the quality of health services, attitudes and skills of students as well. influenced by the environment, attitudes and life patterns of students. In addition, it is also influenced by the information obtained positively between friends and family. When students and their families and teachers at school have knowledge about ways to overcome psychological problems and prevent severe pain and are able to participate positively since the beginning of adolescence experiencing menstruation can help reduce psychological disorders and prevent excessive fear in adolescents or students who are experiencing menstruation (Depkes RI, 2003).

Adolescents often experience recurrence of psychological disorders during menstruation. This is due to not knowing how to treat it and what disorders can occur during menstruation. According toagung Waluyo (2002). Almost 25% of adolescents experience psychological problems, including physiological health problems that arise individually. Statement above shows that students or teenagers are very important to know the process of recurrence of psychological disorders during menstruation.

## 2. RESEARCH METHOD

This research was conducted at SMAN 4 Baturaja, Ogan Komering Ulu Regency. The method used in this study is a case study research that is exploratory evaluation with a cross sectional approach. The number of samples was 383 respondents. Furthermore, the data that has been collected is processed and analyzed consisting of univariate and bivariate. In the bivariate analysis of the Chi-square statistical test, the level of significance was p value <0.053.4.5.

## 3. RESULTS AND ANALYSIS

Based on Table 1. it is known that of the 383 respondents Psychological disorders of the menstrual period, majority mild, namely 223 respondents (58.2%). Age for first menstruation majority not at risk were 369 respondents (96.3%). Weight majority no risk was 276 respondents (72.1%). Menstrual cycle, majority regularly was 203 respondents (53%). Menstrual period, majority mild pain was 269 respondents (70.2%).

Table 1. Univariate Analysis Results (n=369)

Variable	amount	Percentage
Psychological disorder		
- Light	223	58.2
- Weight	160	41.8
Age for First Menstruation		
- No risk	369	96.3
- It's risky	14	3,7
Weight		
- No risk	276	72.1
- It's risky	107	27.9
Menstrual Cycle		
- Be organized	203	53
- Irregular	180	47
Menstrual Pain		
- Mild pain	269	70.2
- Severe pain	114	29.8

Table 2. Relationships Age for First Menstruation with Menstrual Period Psychological Disorders

Age for First Menstruation	Psychological Disorders		Amount	OR 95% CI	p.value
	Light	Weight			
No risk	210 56.9%	159 43.1%	369 100%	1.98 1.09-3.12	0.050
It's risky	12 85.7	5 14.3%	14 100%		
Amount	222 58%	161 42%	383 100%		

Based on table 2, it shows that respondents at the age of the first time menstruation were not at risk of experiencing severe psychological disorders were 159 respondents (43.1%), mild was 210 respondents (56.9%).

Respondents at risk of experiencing severe psychological disorders were 2 respondents (14.3%), mild totaled 12 respondents (85.7%). Chi-Square test results obtained p-value = 0.050 smaller than 0.050, it can be concluded that there is a relationship meaningful between Age at first menstruation is at risk with severe psychological disorders of menstruation.

Table 3. Relationship Weight Loss with Menstrual Period Psychological Disorders

Weight	Psychological Disorders		Amount	OR 95% CI	p.value
	Light	Weight			
No risk	173 62.7%	103 37.3%	276 100%	1.94 1.10-2.93	0.004
It's risky	49 45.8%	58 54.2%	180 100%		
Amount	222 58%	161 42%	383 100%		

Based on table 3, it shows that the respondents who are not at risk of experiencing severe psychological disorders are 103 respondents (37.3%), mild respondents are 173 respondents (62.7%). Respondents at risk of experiencing severe psychological disorders were 58 respondents (54.2%), mild amounted to 49 respondents (45.8%). The Chi-Square test results obtained p-value = 0.004 smaller than 0.05, it can be concluded that there is a significant relationship between Weight gain is at risk with severe psychological disorders of menstruation.

Table 4. Relationship Weight Loss with Menstrual Period Psychological Disorders

Menstrual Cycle	Psychological Disorders		Amount	OR 95% CI	p.value
	Light	Weight			
Regular	133 65.5%	70 34.5%	203 100%	1.94 1.10-2.93	0.002
Irregular	89 49.4%	91 50.6%	180 100%		
Amount	222 58%	161 42%	383 100%		

Based on table 4, it shows that respondents with regular menstrual cycles experiencing severe psychological disorders were 70 respondents (34.5%), mild totaled 133 respondents (65.5%). Respondents who do not regularly experience severe psychological disorders are 91 respondents (50.6%), mild respondents are 89 respondents (49.4%). Chi-Square test results obtained p-value = 0.002 smaller than 0.050, it can be concluded that there is a significant relationship between irregular menstrual cycle with severe psychological disorders of menstrual periods.

Table 5. Relationship Menstrual Pain with Psychological Disorders of the Menstrual Period

Menstrual Pain	Psychological Disorders		Amount	OR 95% CI	p.value
	Light	Weight			
Mild Pain	172 63.9%	97 36.1%	269 100%	2.27 1.16-3-54	0.000
Severe Pain	50 43.9%	64 56.1%	114 100%		
Amount	222 58%	161 42%	383 100%		

Based on table 5, it shows that respondents with mild pain during menstruation experienced severe psychological disorders amounted to 97 respondents (36.1%), mild amounted to 172 respondents (63.9%). 64 respondents (56.1%) with severe pain experiencing severe psychological disorders, 50 respondents (43.9%) with mild pain. Chi-Square test results obtained p-value = 0.000 smaller than 0.050, it can be concluded that there is a significant relationship between severe pain during menstruation with severe psychological disorders of menstruation.

#### 4. DISUSSION

Based on the results of this study, it shows that there is a significant relationship between Age at first menstruation is at risk with severe psychological disorders of menstruation, this can be seen from the results of the Chi-Square statistical test obtained  $p\text{-value} = 0.0005$  which is smaller than 0.050. At the age of the first period of menstruation there was no risk of experiencing severe psychological disorders amounted to 159 respondents (43.1%), compared to the risk of experiencing severe psychological disorders was 2 respondents (14.3%), of 383 respondents.

The results of this study are in accordance with the opinion of Proverawati et al. (2009), the ideal age for a teenager to get menstruation for the first time is 10-16 years, if a teenage girl aged > 16 years has not had a menstrual period, then there is a possibility that she may suffer from abnormalities in the menstrual cycle. which can have an impact on psychological disorders on adolescents because they are always in anxiety, this opinion is reinforced by Kimberly (2007), Puberty for girls occurs aged 8-13 years, usually the first menstruation occurs 2-2.5 years after the breasts grow, then the first age menstruation can occur at the age of 12 years, several factors that can affect the time of arrival of the first menstruation are; Lifestyle, genetics, and nutritional status in adolescents.

Meanwhile, according to Andi Sugiarto (2015), adolescents aged < 10 years have had menstruation, this condition is not considered a disorder or disease. However, most of the anxiety arises because adolescents feel unprepared, even though in reality this can occur due to the influence of the child's intrinsic factor individually which is influenced by nutritional and / or hormonal status.

Based on the results of this study, it shows that there is a significant relationship between Weight gain is at risk with severe psychological disorders of menstruation, this can be seen from the results of the Chi-Square statistical test, it was found that the  $p\text{-value} = 0.004$  was smaller than 0.050. 103 respondents (37.3%) had no risk of experiencing severe psychological disorders, compared to 58 respondents (54.2%) who were at risk of experiencing severe psychological disorders, out of 383 respondents.

shows that there is a significant difference between the weight of adolescent girls and menstrual period disorders. This means that the more at risk of a teenage student's weight, there is a tendency to experience severe psychological disorders during menstruation. This can be due to the increasing obesity of teenage students, the more blood that comes out during menstruation, so this condition will make a lot of discomfort, so that children feel more anxious about the environment, such as menstrual blood can penetrate outer clothing, feel uncomfortable because it comes out enter the bathroom to change the sanitary napkin.

Petti Lubis (2009), if the body weight drops more than 5 kg from normal or ideal body weight, it will result in chaos, or menstruation will disappear and occur, conversely if the body weight is 5 kg more than normal or obese, it will result in menstruation. longer and the blood that comes out will be more. This opinion is queried by Ermakumalasari (2012), there is a correlation between body weight and menstrual psychological disorders in adolescents, namely that female adolescents who experience less than normal weight tend to have a little menstrual flow and their nature disappears during menstruation, so this condition makes discomfort in adolescents during menstruation. This opinion is in line with Rahmawati.dkk (2013).

This is very likely to occur in adolescents during menstruation, because of the intense pain, and accompanied by emotional premenstrual conditions, the syndrome always occurs in adolescents, even though this occurs a few days before menstruation, while many children with obesity have complained about having a desire to consume their favorite foods. , if it has not been fulfilled, it tends to affect emotionally, is not interested in social activities, disturbs concentration, sometimes always feels anxious in activities for fear that menstrual blood can penetrate large parts of clothing. Meanwhile, for children with less than normal weight, the psychological problem that is complained of is feeling anxious because there are doubts about the fertility condition of the respondent.

Based on the results of this study, it shows that there is a significant relationship between irregular menstrual cycle with severe psychological disorders of menstrual periods, this can be seen from the results of statistical tests.

Chi-Square obtained  $p\text{-value} = 0.002$  smaller than 0.050. Regular menstrual cycle 70 respondents (34.5%), compared to irregular experiencing severe psychological disorders amounted to 91 respondents (50.6%), from 383 respondents.

The results of this study are in accordance with the opinion of Roswendi (2011), there is a relationship between the menstrual cycle and psychological stress in adolescents, namely the longer the menstrual cycle, the higher the level of anxiety in adolescents. This opinion is reinforced by Serly Taduhu (2014), there is a relationship between the menstrual cycle and psychological problems in adolescents, namely a cycle that is longer than 35 days, which will cause excessive worry in adolescents, namely that children will experience emotional difficulties, difficulty concentrating, and are not interested in social activities.

Based on the results of this study, it shows that there is a significant relationship between severe pain during menstruation with severe psychological disorders of menstruation, this can be seen from the results of the Chi-Square statistical test, it was found that the  $p\text{-value} = 0.000$  was smaller than 0.050. Minor pain experienced severe



psychological disturbance amounted to 97 respondents (36.1%), compared to severe pain experiencing severe psychological disorders totaled 64 respondents (56.1%), of 383 respondents.

The results of this study are in accordance with the opinion of Fortner (2012), menstrual pain or dysmenorrhea is muscle cramps that are felt in the lower abdomen and can spread to the waist, this pain is very disturbing for some women, menstrual pain can be quite severe and interfere with daily activities. day10. This opinion is reinforced by Stuart (2007), stressors can affect all parts of a person's life, which causes mental stress, changes in behavior, which occurs during menstruation, namely feeling easily tired, feeling anxious, lazy to go to school, difficulty concentrating, sometimes irritable with friends, this is very possible to happen to adolescents during menstruation, because the pain that appears during menstruation is very individual. This condition is in accordance with the opinion of Cunningham (2007), that nine out of ten women will experience menstruation and discomfort during menstruation. This is a very common condition, any pain or tenderness that affects every woman. In this study, it was found that teenage girls could not go to school because of menstrual pain, other factors were also possible because of some of these physical symptoms, besides that, the intense feeling of stress experienced by teenage students caused disruption of function and daily activities11.

## 5. CONCLUSION

Based on the theory described above regarding the psychological disorders of menstrual periods in adolescents, it can be concluded that there is a relationship between menstrual periods in adolescents and psychological disorders.

Therefore, adolescents during menstruation need to be given counseling from health workers about reproductive health. So that young women can overcome psychological disorders during menstruation.

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