

THE PREVALENCE AND FACTORS AFFECTING PRIMARY DYSMENORRHEA AMONG FEMALE STUDENTS

(Prevalen dan Faktor-Faktor yang Mempengaruhi Senggugut Primer dalam Kalangan Pelajar Wanita)

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ABSTRACT

Hospitals are health care institution that provides medical and surgical treatment and nursing care for sick or injured people. Primary dysmenorrhea is acramp-like pain that usually felt in the lower abdomen. The study was conducted to determine ‘The Prevalence and Factors Affecting Primary Dysmenorrhea among Female University Students. A cross-sectional design was used in this study. The sample size of 268 female students from Universiti Teknologi MARA Cawangan Kelantan, Kampus Kota Bharu (UiTMKB) was obtained by using Proportionate Stratified Random Sampling technique. A validated self-administrated structured questionnaire was used for data collection. Descriptive Statistics, Chi-square test and Binary Logistic Regression analysis was performed for this study. The prevalence of primary dysmenorrhea among UiTMKB female students was 60.4%. There was a significant association between primary dysmenorrhea status with menstrual blood loss, family history, stress level and carbonated drink intake. Moreover, there were a significant impact caused by primary dysmenorrhea on students’ daily activities. The finding also indicated the factors that affecting the primary dysmenorrhea were only menstrual flow, menstrual blood loss and family history. Therefore, for those who experienced normal average duration of menstrual blood flow, heavy/ heavy with clots of menstrual blood loss and their family members experienced period pain were advised to refer to the doctor for further treatment.

Keywords: primary dysmenorrhea; lifestyle; menstrual flow; mestrual blood loss; binary logistic regression

ABSTRAK

Senggugut primer adalah sakit seperti kekejangan yang biasanya dirasai di bahagian bawah perut. Kajian ini dilakukan untuk menentukan prevalen dan faktor-faktor yang mempengaruhi senggugut primer dalam kalangan pelajar wanita. Reka bentuk keratan rentas digunakan dalam kajian ini. Sampel 268 pelajar wanita dari Universiti Teknologi MARA Cawangan Kelantan, Kampus Kota Bharu (UiTMKB) diperoleh dengan menggunakan teknik Persampelan Rawak Berstrata Berkadaran. Soal selidik berstruktur kendiri yang disahkan digunakan untuk pengumpulan data. Deskriptif Statistik, Ujian Khi Kuasa Dua dan Analisis Regresi Logistik Binari dijalankan untuk kajian ini. Prevalen senggugut primer di kalangan pelajar perempuan UiTMKB adalah 60.4%. Terdapat hubungan yang signifikan antara status senggugut primer dengan kehilangan darah haid, sejarah keluarga, tahap tekanan dan pengambilan minuman berkarbonat. Selain itu, terdapat kesan ketara yang disebabkan oleh senggugut primer terhadap aktiviti harian pelajar. Penemuan juga menunjukkan faktor-faktor yang mempengaruhi senggugut primer hanyalah aliran haid, kehilangan darah haid dan sejarah keluarga. Oleh itu, bagi mereka yang mengalami purata aliran darah haid yang normal, kehilangan darah haid yang teruk/teruk dengan ketulan dan ahli keluarga mereka mengalami senggugut dinasihatkan untuk merujuk kepada doktor untuk rawatan lanjut.

Kata kunci: senggugut primer; cara hidup; aliran haid; kehilangan darah haid; regresi logistik binari

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