THE PREVALENCE AND FACTORS AFFECTING PRIMARY DYMEMORRHEA 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 a cramp-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-administered 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; menstrual blood loss; binary logistic regression

ABSTRAK

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

References


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