

ABSTRACT

Septiyeni, Lili 2023. *The Effect of Education Using Pocket Book Media on Changes in the Level of Knowledge About Menstrual Pain (Dysmenorrhea) in Young Women at SMK N 8 Malang City, Dissertasion, Poltekkes Kemenkes Malang Health Promotion Office*. Advisor I: Jupriyono, S.Kp, M. Kes, Advisor II: Fiashriel Lundy, S. Kep.Ns, M.Kes.

Dysmenorrhea is pain in the abdomen due to contraction of the uterine muscles before menstrual blood comes out. Anticipation needs to be known by young women, to anticipate the need for good knowledge about dysmenorrhea, one of which is education using pocket book media. The purpose of this study was to determine the level of knowledge of adolescent girls before and after being given education using pocket book media about dysmenorrhea at SMK N 8 Malang City. This study uses quantitative research methods with pre-experimental design. This study used a one group pre-test and post-test design approach. The population of this study were adolescent girls of SMK N 8 Malang City which amounted to 444. The sample in this study used purposive sampling technique with a total sample size of 30 respondents. The instrument used was a questionnaire. Data analysis using univariate and bivariate analysis (wilcoxon test). From the results of the study, the level of knowledge of adolescent girls before being given education about dysmenorrhea tends to be lacking with a percentage of good category knowledge levels as much as 7% after being given good category education significantly increased to 93%. Based on the results of the Wilcoxon test with a significance level = 0.05, obtained asymp. Sig. (2-tailed) obtained a p value of 0.000, thus this study rejects H₀, meaning that there is a significant influence between education using pocket book media on knowledge.

Keywords: Education, Pocket Guide, Knowledge, Dysmenorrhea

