

**GAMBARAN JENIS AKTIFITAS OLAHRAGA AEROBIK TERHADAP  
NYERI MENSTRUASI PADA SISWI SMA MUHAMMADIYAH 4  
YOGYAKARTA**

**Naskah Publikasi  
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**HALAMAN PENGESAHAN**

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**GAMBARAN AKTIVITAS OLAHRAGA AEROBIK TERHADAP NYERI  
MENSTRUASI PADA SISWI SMA MUHAMMADIYAH 4 YOGYAKARTA**

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**(dr. Ardi Pramono, Sp.An., M. Kes)**

**Arina Luthfiyani (2005).** The Description of Sport Activity Aerobic Toward Menstruation Pain of Students of SMA Muhammadiyah 4 Yogyakarta

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### **ABSTRACT**

Menstruation pain or dysmenore is pain that is felt by teenagers when having menstruation. Dysmenore is caused by the imbalance of progesterone hormone in blood, prostaglandin, and psychological factors that cause dysmenore to some adolescents. The pain when having menstruation is often felt by most of the women. Based of the data of previous research, dysmenore can disturb approximately 50% of the woman in reproduction period, and 60-85% to the teenage age. It cause then to be absent from their school and office.

This study was used deskriptif kualitatif research and eksploratif characteristic and was being toward 93 students at SMA Muhammadiyah 4 Yogyakarta on November 2010. the result show that the large of students jogging exercise (33.3%) and bike exercise (33.3%) and the large of students experience low pain (49.5%).

**Key Words :** sport activity aerobic, menstruation pain.