

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

**Naskah Publikasi
Untuk memenuhi syarat memperoleh derajat
Sarjana Keperawatan Universitas Muhammadiyah Yogyakarta**



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**PROGRAM STUDI ILMU KEPERAWATAN
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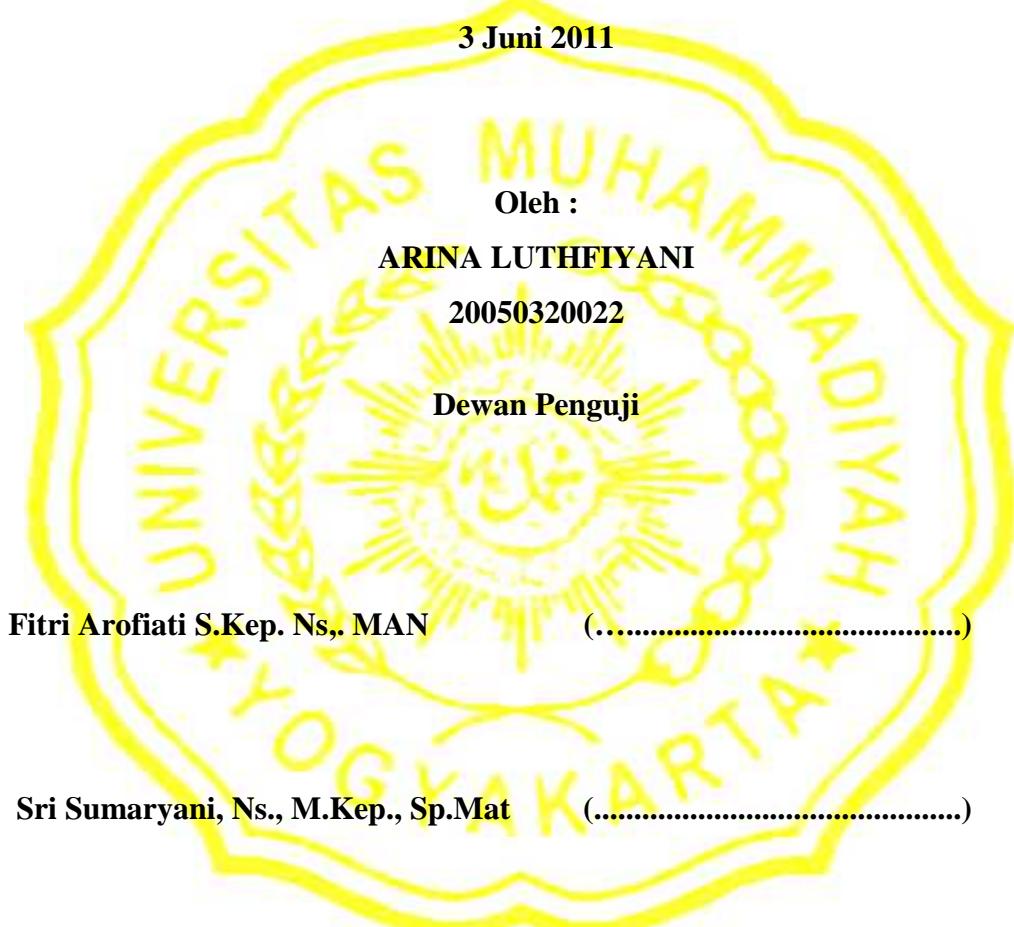
HALAMAN PENGESAHAN

Naskah Publikasi

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

This study was used descriptive qualitative research and explorative characteristic and was conducted toward 93 students at SMA Muhammadiyah 4 Yogyakarta on November 2010. The result shows that the majority of students jogging exercise (33.3%) and bike exercise (33.3%) and the majority of students experience low pain (49.5%).

Key Words : sport activity aerobic, menstruation pain.