

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER PROGRAM STUDI ILMU KEPERAWATAN FAKULTAS ILMU KESEHATAN

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Hesti Khotimatul Wakidah

Hubungan Dismenore dengan Aktivitas Belajar Praktik Mahasiswi D3
Keperawatan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Jember

xvi + 52 hal + 1 bagan + 9 tabel + 9 lampiran

Abstrak

Dismenore adalah rasa sakit yang dialami sebelum dan saat menstruasi. Bagi sebagian wanita dismenore merupakan siksaan tersendiri dan dapat mengganggu aktivitas khususnya aktivitas belajar. Aktivitas belajar adalah proses dalam diri manusia. Proses tersebut berupa peningkatan pengetahuan, kecakapan berbicara, sikap, keterampilan, dan kemampuan lainnya. Aktivitas belajar dikatakan berhasil apabila mahasiswa terlibat belajar aktif. Penelitian ini bertujuan untuk mengetahui dismenore dengan aktifitas belajar praktik mahasiswi D3 Keperawatan. Desain penelitian ini menggunakan *cross sectional*. Populasi sebanyak 20 Mahasiswi D3 Keperawatan yang sedang aktif belajar. Pengambilan data menggunakan teknik total sampling sehingga seluruh populasi menjadi sampel penelitian. Hasil uji statistik menggunakan *Spearman Rank*, nilai *p value* $0,00 \leq 0,05$, koefisien korelasi sebesar -0,784 artinya dalam tingkat korelasi sangat kuat. Dapat disimpulkan bahwa ada hubungan signifikan antara dismenore dengan aktivitas belajar Mahasiswi D3 Keperawatan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Jember. Kesimpulannya semakin tinggi skala dismenore, semakin menurun/terganggu aktivitas belajarnya.

Kata kunci : Aktivitas Belajar, Dismenore, Mahasiswi

Abstract

**MUHAMMADIYAH UNIVERSITY OF JEMBER
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*The Relationship of Dysmenorrhea with Practical Learning Activities of D3
Nursing Students, Faculty of Health, University of Muhammadiyah Jember*

xvi + 52 pages + 1 chart + 9 tables + 9 attachments

Abstract

Dysmenorrhea is pain experienced before and during menstruation. For some women, dysmenorrhea is a torture in itself and can interfere with activities, especially learning activities. Learning activity is a process in humans. The process is in the form of increasing knowledge, speaking skills, attitudes, skills, and other abilities. Learning activities are said to be successful if students are actively involved in learning. This study aims to determine dysmenorrhea with practical learning activities for D3 Nursing students. The design of this study was cross sectional. The population is 20 D3 Nursing students who are actively learning. Collecting data using total sampling technique so that the entire population becomes the research sample. The results of statistical tests using Spearman Rank, p value 0.00 0.05, correlation coefficient of -0.784 means that the correlation level is very strong. It can be concluded that there is a significant relationship between dysmenorrhea and learning activities for D3 Nursing Students, Faculty of Health, University of Muhammadiyah Jember. In conclusion, the higher the dysmenorrhea scale, the lower/disrupted learning activities.

Keywords: Learning Activities, Dysmenorrhea, Student