

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
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ABSTRAK

Inayah Aulia

PENGARUH PAKET REMAJA MANDIRI (MARI) TERHADAP MENSTRUAL DISTRESS SYNDROM PADA REMAJA PUTRI KELAS X SMA ISLAM SULTAN AGUNG 3 SEMARANG

50 halaman + 7 tabel + xvii + 13 lampiran

Latar Belakang : menstrual distress syndrom merupakan masalah yang sering dialami pada masa remaja awal. Menstrual distress syndrom yang biasa dialami remaja putri adalah nyeri, perubahan kosentrasi, perubahan perilaku, reaksi otonom, retensi air, pengaruh negatif, perubahan gairah dan perubahan kontrol. Paket MARI adalah sebuah paket yang berisi tentang aktifitas fisik dan relaksasi, *progressive muscle relaxation (PMR)* dan Asupan makanan seimbang diharapkan dapat menjadi pegangan remaja untuk menurunkan sindrom gangguan menstruasi secara mandiri.

Metode : Kuantitatif *pre experiment* dengan *One Group Pretest Posttest Design*. Pengumpulan data menggunakan kuesioner dan lembar ceklist. Jumlah sampel 34 responden dengan *Stratified Sampling*

Hasil : Uji Wilcoxon didapatkan nilai $p < 0,000$

Simpulan : Ada pengaruh paket Remaja Mandiri (MARI) terhadap menstrual distress syndrom pada remaja putri kelas X SMA Islam Sultan Agung 3 Semarang

Kata Kunci : Paket MARI, menstrual distress syndrom, aktifitas fisik dan relaksasi, asupan gizi seimbang, relaksasi otot progresif, remaja.

Daftar Pustaka : 24 (2002-2015)

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ABSTRACT

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EFFECT OF PACKAGE REMAJA MANDIRI (MARI) TO MENSTRUAL DISTRESS SYNDROM IN YOUNG WOMEN CLASS X ISLAMIC SENIOR HIGH SCHOOL OF SULTAN AGUNG 3 SEMARANG

50 Pages + 7 Tables + xvii + 13 Attachments

Background : *menstrual distress syndrom is a problem that is often experienced in early adolescence. Menstrual distress syndrom uncommon among young women is pain, changes in concentration, changes in behavior, autonomic reactions, water retention, negative influences, changes in arousal and change control. MARI package is a package that contains about physical activity and relaxation, progressive muscle relaxation (PMR) and a balanced food intake is expected to be a teenager to lose grip syndrome, menstrual disorders independently.*

Method : *Quantitative pre experiment with one group pretest posttest design. Collecting data using a questionnaire and checklist sheet. Total sample of 34 respondents with Stratified Sampling*

Result : *Wilcoxon test was used to analyse the data, the results are p value 0,000*

Conclutions : *The result showed that there is an influences of package Remaja Mandiri (MAR)I with menstrual distress syndrom.*

Keywords : *Package MARI, menstrual distress syndrom, physical activity and relaxation, a balanced nutritional intake, Progressive Muscle Relaxation, syndrome of menstrual disorder, teenagers.*

Bibliography : 24 (2002-2015)