

HUBUNGAN REGULASI EMOSI DENGAN INTENSITAS DISMENOREA PRIMER PADA REMAJA PUTRI DI SMA NEGERI 9 DEPOK

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Abstrak

Remaja putri seringkali kesulitan mengendalikan emosi saat mengalami dismenoreia primer. Hal ini disebabkan akibat perubahan hormon saat mengalami menstruasi. Regulasi emosi sangat penting untuk dapat memodifikasi emosi dan mencegah pengungkapan perilaku yang ekspresif. Tujuan penelitian ini bertujuan untuk mengetahui hubungan regulasi emosi dengan intensitas dismenoreia remaja putri di SMA Negeri 9 Depok. Subjek dalam penelitian ini adalah siswi SMA Negeri 9 Depok sebanyak 52 responden. Data diambil melalui proses skrining menggunakan sebagian kuesioner penelitian dan menggunakan teknik *total sampling*. Desain penelitian menggunakan studi korelasi dengan uji korelasi *Pearson*. Penelitian ini menggunakan kuesioner *Difficulties in Emotion Regulation Scales (DERS)* dan *Numeric Rating Scale (NRS)*. Hasil uji statistik korelasi *Pearson* didapatkan nilai *p value* 0,001 menunjukkan bahwa nilai *p value* < 0,05 sehingga dapat disimpulkan terdapat hubungan secara signifikan antara regulasi emosi dengan intensitas dismenoreia remaja putri di SMA Negeri 9 Depok. Hasil analisa korelasi *Pearson (Pearson Correlation)* 0,463 dapat disimpulkan derajat hubungan kedua variabel berkorelasi sedang dan bernilai positif artinya semakin dapat mengendalikan emosi atau mengatur emosi maka intensitas nyeri semakin rendah dan dapat mentoleransi nyeri dengan baik. Diharapkan untuk remaja putri agar dapat mengendalikan emosinya dengan selalu berpikir positif karena hal ini akan mempengaruhi intensitas nyeri dismenoreia primer.

Kata Kunci : Dismenoreia Primer, Intensitas, Regulasi Emosi.

THE RELATIONSHIP OF EMOTIONAL REGULATION WITH THE INTENSITY OF PRIMARY DYSMENORRHEA IN GIRL ADOLESCENT IN SMA NEGERI 9 DEPOK

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Abstract

Adolescent girls often have difficulty controlling their emotions when facing primary dysmenorrhea. This is due to hormonal changes during menstruation. Emotion regulation is very important to be able to modify emotions and prevent expressive behavior. The purpose of this study was to determine the relationship between emotional regulation and the intensity of dysmenorrhea in adolescent girls at SMA Negeri 9 Depok. The subjects in this study were students of SMA Negeri 9 Depok as many as 52 respondents. The data were taken through a screening process using part of the research questionnaire and using a total sampling technique. The research design used a correlation study with the Pearson correlation test. This study used the Difficulty in Emotion Regulation Scales (DERS) and Numeric Rating Scale (NRS) questionnaires. The results of the Pearson correlation statistical test which obtained a p value of 0.001 showed that the p value was <0.05 so that a significant relationship could be found between emotional regulation and the intensity of dysmenorrhoea in adolescent girls at SMA Negeri 9 Depok. The results of the Pearson correlation analysis (Pearson Correlation) of 0.463 can be trusted as the second variable that is moderately correlated and has a positive value so that it can control emotions or regulate emotions so that the intensity is low and can tolerate pain well. It is hoped that young adolescent will be able to control their emotions by always thinking positively because this will affect the intensity of primary dysmenorrheal pain.

Keywords : Primary Dysmenorrhea, Intensity, Emotion Regulation.