

Tingkat Pengetahuan Swamedikasi Obat Dismenore, Konsumsi Tablet Zat Besi Saat Menstruasi Siswi SMK Kesehatan Banten

Level Of Knowledge Self-Medication Of Dysmenorrhea, Iron Supplement Consumption During Menstruation Student SMK Kesehatan Banten.

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ABSTRAK

Dismenore memberikan dampak bagi remaja putri yaitu menimbulkan gangguan dalam aktivitas sehari-hari. Kehilangan cukup banyak darah pada saat menstruasi dapat menurunkan kadar zat besi dalam tubuh. Remaja putri yang menstruasi setiap bulannya memiliki resiko anemia. Prevalensi dismenore primer sebesar 54,89% dan prevalensi anemia di Indonesia sebesar 19,7% pada perempuan. Dismenore sering dianggap wajar meskipun memengaruhi aktivitas sehari-hari sehingga remaja tidak berkunjung ke fasilitas kesehatan melainkan melakukan swamedikasi. Tujuan penelitian untuk mengetahui gambaran tingkat pengetahuan swamedikasi obat dismenore dan konsumsi tablet zat besi saat menstruasi pada siswi SMK Kesehatan Banten Kota Tangerang. Metode penelitian menggunakan desain deskriptif dengan pendekatan kuantitatif. Data dikumpulkan menggunakan kuesioner yang dibagikan kepada 138 responden yang dipilih menggunakan teknik accidental sampling. Hasil Tingkat pengetahuan swamedikasi obat dismenore sebanyak 65 responden atau 40,10% pada kategori baik, Tingkat pengetahuan konsumsi tablet zat besi saat menstruasi sebanyak 66 responden atau 47,83% pada kategori cukup. Kesimpulan pada penelitian ini sebagian besar siswi SMK Kesehatan Banten memiliki pemahaman dan pengetahuan mengenai swamedikasi dismenore dan konsumsi tablet zat besi saat menstruasi namun perlu adanya peningkatan edukasi atau pengetahuan).

Kata Kunci: Dismenore, Swamedikasi, Tablet Zat Besi

ABSTRACT

Dysmenorrhea has an impact on young women, it can causing disturbances in daily activities. Losing blood during menstruation can affect iron lever in the body. women who menstruate monthly having risk of anemia. The prevalence of primary dysmenorrhea is 54.89% and the prevalence of anemia in Indonesia is 19.7% in women. Dysmenorrhea is often considered normal even though it affects daily activities so that adolescents do not visit health facilities but do self-medication. The purpose of riset is to find out the level of self-medication knowledge of dysmenorrhea drugs and the consumption of iron supplements during menstruation in students of the Banten Health Vocational School. The research method uses a descriptive design with a quantitative approach. Data was collected using a questionnaire that was distributed to 138 respondents who were selected using accidental. Results The level of self-medication knowledge of dysmenorrhea drugs was 65 repondens or 40.10% in the good category, the level of knowledge of iron tablet consumption during menstruation was 66 respondents or 47.83% in the fair category. The conclusion of this study is that most of the students have an understanding and knowledge of self-medication dysmenorrhea and the consumption of iron tablets during menstruation.

Keywords: Dysmenorrhea, Self-Medication, Iron Supplement

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INTRODUCTION

One of the most prevalent gynecological issues among young women is dysmenorrhea entering adolescence (Mursudarinah et al., 2022). Adolescent girls are at risk for pain due to primary dysmenorrhea. This is because at this age, uterine nerve function is optimized, leading to increased prostaglandin secretion, which can lead to pain during or before menstruation (Novanti, 2020).

In adolescent girls, the prevalence of primary dysmenorrhea is higher than that of secondary dysmenorrhea (Anggraini et al., 2022). Primary dysmenorrhea is often considered normal, so adolescents do not report or seek medical help, instead resorting to self-medication or self-treatment (Ayuningtias et al., 2021). Self-medication is usually performed using pharmacological and non-pharmacological therapies. Pharmacological treatment involves the use of medications such as analgesics.

Adolescent girls are ten times more likely to develop anemia than boys. This is because they menstruate monthly and are growing, requiring higher iron intake. Excessive blood loss during menstruation can deplete iron from the body. Women who menstruate monthly are at risk of developing anemia. Anemia can disrupt adolescent growth and development and lower immunity, making them more susceptible to disease (D. Safitri & Ratnawati, 2022).

The results of the study (Mulyani et al., 2025) stated that of the 51 respondents, 17 respondents or 33.3% had a good level of knowledge regarding self-medication using dysmenorrhea medication. Previous research almost all respondents or 76.5% self-medicated and most respondents did not know the dosage of analgesic drugs used (Widyanthi et al., 2021). Based on research conducted (Islamiah, 2023) conducted on junior high school students, it showed that 64 respondents or 60.4% had a poor level of knowledge regarding anemia and iron supplement tablets (TTD) and respondents who had good knowledge were 43 respondents or 39.4%. This indicates that most respondents had poor knowledge regarding anemia and iron supplement tablets.

Research on "Description of the Level of Knowledge of Self-Medication for Dysmenorrhea and Consumption of Iron Tablets During Menstruation in Female Students of Banten Health Vocational School, Tangerang City" was prompted by the background information provided above.

METHODS

The research was conducted from January to July 2025 at Banten Health Vocational School, Tangerang City. This research was descriptive with a quantitative approach and used a questionnaire administered to all grade levels using an accidental sampling technique.

The population in this study were all female students at Banten Health Vocational School with a total of 211 female students. The sample used in this study after being calculated using the Slovin formula was obtained 138 female students who met the inclusion and exclusion criteria. The inclusion criteria in this study were: 1) female students of Banten Health Vocational School, 2) female students who had

experienced dysmenorrhea, 3) female students who had self-medicated with dysmenorrhea medication, 4) female students who had sought treatment at a health facility due to dysmenorrhea. And the exclusion criteria in this study were: 1) female students who were unwilling to fill out the questionnaire, 2) female students who filled out the questionnaire incompletely.

The data obtained was analyzed and processed by calculating the percentage of answers to the questionnaire by: 1) checking the completeness of the answers to the questionnaire, 2) changing the answers into numbers and inputting them into the Microsoft Excel system, 3) calculating the percentage of respondents' answers, 4) checking the data that has been inputted to avoid errors.

RESULT AND DISCUSSION

Result

This study aimed to determine the level of knowledge regarding self-medication for dysmenorrhea and iron tablet consumption during menstruation among female students at the Banten Health Vocational School in Tangerang City. A total of 138 female students met the inclusion criteria through direct questionnaires. The following results were obtained:

Table 1. Respondent Characteristics

Variables	Frequency	Percentage
Age		
12-16 years (early adolescence)	92	66.67%
17-25 years (late teens)	46	33.33%
Total	138	100%
Menstrual Cycle		
Normal	123	89.13%
Abnormal	15	10.87%
Total	138	100%
Frequency of menstrual pain		
Often	72	52.17%
Sometimes	66	47.83%
Never	0	0%
Total	138	100%
Symptoms that appear during menstruation		
Back pain	60	24.90%
Stomach cramps	68	28.22%
Pain in the stomach	95	39.42%
Other	18	7.47%
Total	241	100%

Based on table 1, it shows that out of 138 respondents, it is known that the age range of respondents is mostly 12-16 years (early adolescence as many as 92 respondents or 66.67%). On average, respondents have a normal menstrual cycle category as many

as 123 respondents or 89.13%. Respondents often feel pain during menstruation as many as 72 respondents or 52.17%. Abdominal pain is the symptom most complained of by respondents during menstruation as many as 95 respondents or 39.42%.

Table 2. Prevalence of Self-Medication for Dysmenorrhea and the Most Commonly Used Dysmenorrhea Medications

Variables	Frequency	Percentage
Things to do when you have menstrual pain		
Self-medication	132	96%
Treatment to health facilities	6	4%
Total	138	100%
The most widely used dysmenorrhea medication		
Paracetamol	62	42.47%
Ibuprofen	42	28.77%
Acetosal	0	0%
Mefenamic acid	17	11.64%
Other	25	17.12%
Total	138	100%

Table 2 shows that of the 138 respondents, the majority (132 respondents, or 96%), self-medicated when experiencing dysmenorrhea. The most common medication used by respondents for self-medication during dysmenorrhea was paracetamol, with 62 respondents, or 42.47%.

Table 3. Information Sources

Variables	Frequency	Percentage
Resources		
Television	13	9.29%
Radio	0	0%
Internet/social media	107	76.43%
Newspapers/magazines	1	0.71%
Other	19	13.57%
Total	140	100%

Based on Table 3, it shows that of the 138 respondents, the majority of respondents knew about self-medication for dysmenorrhea and its treatment via the internet or social media, as many as 107 respondents or 76.43%.

Table 4. Level of knowledge of self-medication for dysmenorrhea medication

Variables	Frequency	Percentage
Good (76%-100%)	65	47.10%
Enough (56&75%)	47	34.06%
Less (<56%)	26	18.84%
Total	138	100%

Based on table 4, it shows that out of 138 respondents, it is known that the level of self-medication knowledge among female students of Banten Health Vocational School

regarding self-medication for dysmenorrhea medication is mostly in the good category, with 65 respondents or 47.10%.

Table 5. Level of Knowledge of Consuming Iron Tablets During Menstruation

Variables	Frequency	Percentage
Good (76%-100%)	51	36.96%
Enough (56&75%)	66	47.83%
Less (<56%)	21	15.22%
Total	138	100%

Based on table 5, it shows that out of 138 respondents, it is known that the level of knowledge of consuming iron tablets among female students of Banten Health Vocational School during menstruation is in the sufficient category with a total of 66 respondents or 47.83%.

Discussion

Respondent Characteristics Based on Age, Menstrual Cycle, Frequency of Menstrual Pain, Symptoms That Appear During Menstruation.

A study of female students at Banten Health Vocational School found that the most common age range was 12-16 years (early adolescence), with 92 respondents (66.67%). This is relate to the research conducted by Dewi & Noorratri (2023), which found that the 12-16 age range is the most likely to experience dysmenorrhea because this is a period of development in adolescence, so hormonal factors have not yet reached optimal maturity. Furthermore, at this age, women still have limited experience in managing dysmenorrhea.

The majority of respondents (123 respondents, or 89.13%) had a normal menstrual cycle. This is related to the research conducted by (Mulyani et al., 2025), which found that most adolescent respondents experienced normal or regular menstrual cycles. On average, 72 respondents (52.17%) often experienced pain during menstruation. This finding is in accordance with the opinion of (Fakhriyah et al., 2024) that menstrual pain tends to be felt more frequently by adolescent girls during each menstrual cycle because during adolescence, the function of the uterine nerves is undergoing a maturation process, causing an increase in prostaglandin production, which ultimately triggers pain during menstruation.

Abdominal pain was the most common symptom reported during menstruation by 95 respondents (39.42%). This is consistent with research conducted by Mulyani et al., 2025, which found that abdominal pain was the most common pain experienced by respondents. This is due to the intense uterine muscle contractions during menstruation. Abdominal pain is typically felt on the first and second days of menstruation and decreases as prostaglandin levels decrease in the following days.

Prevalence of Self-Medication for Dysmenorrhea and the Most Commonly Used Dysmenorrhea Medications

The majority of respondents (132 respondents, or 96%) used self-medication or self-treatment when experiencing dysmenorrhea. Only 6 respondents (4%) sought

treatment at a health facility. This is related to the research conducted by (Mulyani et al., 2025) which stated that the majority of adolescent girls self-medicate because they feel the pain is mild. Based on the results of research conducted at the Banten Health Vocational School, adolescent girls preferred self-medication or self-medication when dealing with dysmenorrhea. They considered the pain to be mild, so they believed that the pain could be managed independently without needing to visit a health facility. In addition, psychological factors such as shame and fear also influenced adolescent girls' decisions not to visit a health facility.

The most commonly used dysmenorrhea medication by respondents in self-medication for dysmenorrhea was paracetamol, with 62 respondents (42.47%). This is related to the research (Permata & Hajma, 2023) which found that most respondents used paracetamol in self-medication for dysmenorrhea. Based on the results of this study, which occurred among female students of Banten Health Vocational School, paracetamol was the most common choice used by adolescent girls because it was considered effective in relieving mild to moderate pain. In addition, paracetamol is a class of over-the-counter drugs that are easily available, making it preferred for self-medication.

Source of Self Medication information

The majority of respondents (107 respondents, or 76.43%) learned about self-medication for dysmenorrhea and its treatment through the internet or social media. This finding aligns with research conducted by (Za'idah & Harlianti, 2024), who obtained information about self-medication from the internet or social media. Current technological advances provide easy and widespread access to information, making it easier for young women to find information about self-medication for dysmenorrhea and taking iron tablets during menstruation. However, this will be beneficial if balanced with the ability to select information from valid and reliable sources to avoid errors in medication use.

Level of Knowledge of Self-Medication for Dysmenorrhea Medication

Level of knowledge of self-medication for dysmenorrhea medication among female students at Banten Health Vocational School, Tangerang City, was mostly in the good category, with 65 respondents or 47.10%. This is in accordance with (Widyawati, 2024) that the knowledge possessed by a person can influence the person's attitude and behavior in daily life. The higher the respondent's knowledge of self-medication, the better they are at self-medication, resulting in lower medication errors. The level of knowledge is influenced by external factors, including education, environment, and information sources. This is related to the research conducted by (Nurmayanti, 2022), where the majority of respondents had a good level of knowledge, with 33 respondents or 75.0%. Based on the results of research conducted at Banten Health Vocational School, adolescent girls have a good level of knowledge of self-medication for dysmenorrhea medication because they have received education and learning materials about dysmenorrhea and its treatment. In addition, easy access to information via the internet or social media also plays an important role in the level of knowledge of adolescent girls.

Level of Knowledge Regarding Consuming Iron Tablets During Menstruation

The level of knowledge regarding iron tablet consumption during menstruation among female students at Banten Health Vocational Schools was mostly in the sufficient category, with 66 respondents (47.83%). This is related to the research conducted by (S. Safitri et al., 2024) which showed that 52 respondents (64%) had sufficient knowledge. This is because young women have received learning materials about anemia and the importance of iron tablets through school lessons. However, knowledge about self-medication and iron tablet consumption during menstruation still needs to be improved and a deeper understanding. This is important so that young women not only understand the general benefits but also understand the correct consumption method and appropriate dosage. Good knowledge not only includes mastery of theory but also must be accompanied by awareness in implementing it regularly, thereby increasing the prevention of anemia in young women, especially during menstruation.

CONCLUSION

Based on the research conducted, it can be concluded that the level of knowledge of self-medication for dysmenorrhea medication among female students of Banten Health Vocational School is in the good category of 65 respondents or 47.10% and the level of knowledge of consuming iron tablets during menstruation among female students of Banten Health Vocational School is in the sufficient category of 66 respondents or 47.83%.

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