

PSYCHOLOGY OF ADOLESCENT WOMEN WHO EXPERIENCE PREMENSTRUAL SYNDROME AT JUNIOR HIGH SCHOOL 3 TUBAN

Siti Nurul 'Aini¹ Titik Sumiatin,² Su'udi,³
Program Studi D3 Keperawatan Tuban Poltekkes Kemenkes Surabaya
Email : sitinurula47@gmail.com

Abstract

Menstruation is often regarded as a problem in the lives of girls who will enter adolescence. Most women will experience discomfort before menstruation, one of which is premenstrual syndrome (PMS). From a preliminary survey conducted on students of SMP N 3 Tuban, it was found that 4 out of 5 students had premenstrual syndrome (PMS). The purpose of this study was to determine the psychological picture of adolescents with premenstrual syndrome at Junior High School 3 Tuban.

The research method used in writing this scientific paper is descriptive analysis with a cross sectional approach. The population in this study were students of Junior High School 3 Tuban in the academic year 2021-2022 with a total of 95 respondents and the sampling technique used was total sampling with a sample of 95 students. Analysis of the data used the frequency test. Using the instrument with a questionnaire.

The results of this study showed that from 95 respondents, 54 respondents (56.8%) experienced premenstrual syndrome with mild severity, with almost all 83 respondents (87.4%) experiencing irritability, most of 69 respondents (72.6%) experiencing anxiety, and almost all of the 82 respondents (86.3%) experienced psychological problems with withdrawing

The importance of understanding reproductive health education and education about premenstrual syndrome such as causes, effects, and how to deal with premenstrual syndrome. Where it can reduce the severity of premenstrual syndrome experienced.

Keywords: Psychology, Premenstrual Syndrome, Adolescent

INTRODUCTION

During menstruation, there are usually several disturbances, both physical and psychological, which can affect adolescent girls in carryinbances that occur during menstruation is premenstrual syndrome (PMS), which typically occurs 7-10 days before menstruation and disappears when menstruation begins.

The first occurrence of menstruation (menarche) generally happens in females around the age of 10-16 years. Based on data from the World Health Organization (WHO) in

2018, approximately one fifth of the world's population, aged 10-19 years, has already experienced menstruation. In the United States, the prevalence of PMS ranges from 20% to 40%, while the prevalence of PMDD (premenstrual dysphoric disorder) ranges from 3% to 8% among women of reproductive age (del Mar Fernández et al., 2019). Meanwhile in Indonesia, the prevalence rate can reach 85% of the entire reproductive aged female population, with 60-75% experiencing moderate to severe PMS (DaiyahI,et.,al.,2001) From a preliminary survey conduted by

researches among junior high school students at Tuban 3 Public Middle School, it was found that 4 out of 5 students experienced premenstrual syndrome (PMS), with the highest prevalence of physical symptoms being abdominal pain and the most common psychological symptom being irritability.

Lack of understanding about PMS can trigger psychological responses in adolescents experiencing menstruation, such as anxiety, fear, difficulty concentrating, and confusion. If these psychological issues persist, it can make it challenging for adolescents to concentrate on their studies, thus reducing students' motivation to learn at school.

Health education about menstruation is one application of delivering information aimed at providing knowledge to adolescents girls about what should be done during menstruation.

Based on the description above, the specific objectives of this research are:

1. To identify the characteristics of the severity level of *Premenstrual syndrome* and the age of adolescents experiencing *Premenstrual Syndrome*
2. To identify irritability in adolescents experiencing *Premenstrual Syndrome*
3. To identify anxiety in adolescents experiencing *Premenstrual Syndrome*
4. To identify confusion in adolescents experiencing *Premenstrual Syndrome*
5. To identify *Depression* in adolescents experiencing *Premenstrual Syndrome*
6. To identify withdrawal in adolescents experiencing *Premenstrual Syndrome*
7. To describe psychological issues in adolescents girls experiencing *Premenstrual Syndrome*
8. Describe psychological problems in young women who experience *Premenstrual Syndrome*

RESEARCH METHODS

A Descriptive research design. The population of this study consists of all

female students in grade VII of SMP Negeri 3 Tuban, in the academic year 2021/2022, with a total population of 95 students. The sample size used in this study is also 95 students, employing the *total sampling* technique.

The variable examined in this research is the psychological aspect of adolescent girls experiencing *premenstrual syndrome*. To gather data, the researcher utilized a questionnaire containing the DASS (Depression, anxiety, Stress Scale) and SPAF (Self Perceived Acne Related Function) scales. These questionnaires will assist in measuring the levels of depression, anxiety, stress and acne related function in adolescent girls experiencing PMS.

Data analysis in this study involves data processing procedures including depicting and summarizing the data scientifically through tables or graphs.

RESEARCH RESULT

A. Characteristics of Adolescents Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Tabel 5.1 Characteristics of Adolescents Experiencing *Premenstrual Syndrome* Based on Age and Severity Level.

Age	Frequenc y	Percentage
12	2	2,1
13	70	73,7
14	23	24,2
Total	92	100,0
Severity Level	Frequenc y	Percentage
Not Experiencing	0	0
Light	54	56.8
Moderate	38	40.0
Weight	3	3.2
Total	95	100,0

Table 5.1, it is known that the majority of female teenagers experiencing *premenstrual syndrome* at Junior High School 3 Tuban are 13 years

old, accounting for (73,7%). Furthermore, the majority of female teenagers experiencing *premenstrual syndrome* have a mild severity level, accounting for (56,8%) ,and nearly half of them have a moderate severity level, accounting for (40%)

B. Getting Angry with Young Girls Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Table 5.2 Easily Angry in young Girls Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Based on Table 5.2, it shows that almost all teenagers with *premenstrual syndrome* experiencing easy anger, accounting for (87,4%).

C. Anxiety in young Women Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Table 5.3 Anxiety among Female Teenagers with *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Agitated	Frequency	Percentage
Not Experiencing	26	27.4%
Anxious	69	72.6%
Total	95	100%

Table 5.3 Shows that most adolescents with *premenstrual syndrome* experiencing anxiety (72,6%).

D. Confused in Young Girls Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Tabel 5.4 Confusion in Young Girls Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Confused	Frequency	Percentage
Not Experiencing	58	61.1%
Confused	37	38.9%
Total	95	100.0%

Not Experiencing	58	61.1%
Confused	37	38.9%
Total	95	100.0%

Table 5.4 shows that almost half of adolescents with *premenstrual syndrome* are confused about numbers (38,9%).

E. Depression in Young Girls Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

A. Table 5.5 Depression in Young Girls Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Easily Angry	Frequency	Percentage
Not Experiencing	12	12.6%
Easily angry	83	87.4%
Total	95	100%

Depression rate	Frequency	Percentage
Normal	63	66.3%
Mild	15	15.8%
Moderate	14	14.7%
Weight	2	2.1%
Very Heavy	1	1.1%
Total	95	100.0%

Table 5.5 shows that a small proportion of adolescents with *premenstrual syndrome* experiencing depression (very severe and severe categories of depression) with a number (1,1%) for very severe depression and (2,1%) for severe depression..

DISCUSSION

A. Characteristics of Young Girls Experiencing *Premenstrual Syndrome* Based on Age and severity Level at Junior High School 3 Tuban in 2021-2022

Based on Table 5.1 it is known that the majority of female teenagers experiencing *premenstrual syndrome* at Junior High School 3 Tuban are almost entirely 13 years old and have a mild severity level, while nearly half of them

experiencing a moderate severity level.

Premenstrual syndrome (PMS) is a collection of physical, psychological, and emotional symptoms that are associated with the menstrual cycle in women. It consistently occurs during the luteal phase and is caused by hormonal changes related to ovulation (the release of an egg from the ovary) and menstruation.

One of the factors associated with PMS is the age of menarche. The age of menarche varies among women, typically occurring between the ages of 12-16 years. Early menarche combined with high levels of stress contributes to the occurrence of PMS (Muflihah et al. 2021). This aligns with the general occurrence of PMS, which typically occurs 2-3 years after menarche due to the development of reproductive organs and hormonal changes (Muflihah et al., 2021).

Age is not a significant factor in PMS because adolescent girls who have just started menstruating tend to be more focused on the symptoms they experience before menstruation. On the other hand, in adulthood, these symptoms may not be given much attention as their thoughts are divided among other matters apart from premenstrual symptoms. (Mufida, 2015)

However, the factor of age can affect the lack of understanding among teenagers regarding *premenstrual syndrome*. Many female students experience PMS but do not fully understand its causes, effects, and how to manage this syndrome before menstruation. This lack of understanding can lead to a decrease in learning productivity particularly in school.

B. Getting Angry with Young Girls Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

According to table 5.2 it shows that almost all teenagers with *premenstrual syndrome* experiencing easy anger. The symptoms of menstrual disorders range from discomfort in the abdominal area to emotional instability, a condition known as *premenstrual syndrome* (sindroma premenstruasi). The most severe and commonly occurring symptoms of *premenstrual syndrome* are emotional and behavioral irritability, depression, anxiety, fatigue and decreased concentration. (Wijayanti et al., 2022).

Premenstrual syndrome symptoms typically occur one week to a few days before the onset of menstruation and subside after menstruation begins although they may persist until menstruation ends. PMS can be caused by a decrease in estrogen levels. The decrease in estrogen levels after ovulation affects neurotransmitters in the brain, particularly serotonin. Serotonin plays a crucial role in emotional regulation (Rodiani & Rusfiana, 2016).

Changes in estrogen hormones can affect serotonin levels, Serotonin levels influence mood. A decrease in serotonin hormones can lead to effects such as depression, anger, aggressiveness, irritability and feelings of weakness. (Lumingkewas et al., 2021).

In the context of mood issues, most women with premenstrual syndrome experience anxiety, anger, nostalgia, Disappointment, breakdowns, irritability, depression, instability, Uncertainty and Impatience. (Shiva Siahbazi et al., 2018).

Most adolescent girls who experience premenstrual syndrome tend to experience easy anger. This aligns with the theory that has been outlined stating that changes in estrogen levels during the ovulation cycle can affect emotional regulation, leading to easy anger in individuals experiencing

premenstrual syndrome. The occurrence of premenstrual syndrome can lead to a decrease in serotonin levels, which directly affects a person's mood, resulting in psychological, behavioral, and physical changes in adolescents with PMS, including easy anger.

C. Anxiety among Female Teenagers with *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Based on Table 5.3 it shows that the majority of female teenagers with *premenstrual syndrome* experience anxiety.

The most severe and commonly occurring symptoms of premenstrual syndrome include emotional and behavioral irritability, depression, anxiety, fatigue, decreased concentration, breast swelling and discomfort and abdominal pain, (Susanti et al., 2020).

The majority of women of reproductive age usually experience one or more premenstrual symptoms in most menstrual cycles. The severity and frequency of the symptoms can vary in each cycle. Some common psychological symptoms experienced by women include emotional and behavioral irritability, depression, anxiety, fatigue and decreased concentration (Andansari, 2014)

Anxiety is one of the most frequently occurring symptoms when someone experiences premenstrual syndrome. This is supported by research findings where more than half of the participants experienced anxiety. Excessive emotional changes in the form of heightened anxiety can lead to decreased productivity and motivation.

D. Confused in Young Girls Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

According to Table 5.4 it indicates that almost half of the teenagers with premenstrual syndrome experience confusion.

Some teenagers may feel that their mood changes easily, shifting from sadness to anxiety, then to anger, and so on, or vice versa. Teenagers' moods tend to be unpredictable and difficult to predict. In the state, teenagers often experience indecision, confusion, and sometimes they themselves do not know the cause of the confusion they feel. (Puspa dewi, 2012).

Common complaints include feelings of bloating, weight gain, difficulty concentrating, fatigue, and changes in mood.

Premenstrual syndrome itself is divided into several types based on its symptoms, namely types A, H, C and D, with approximately 80% of cases falling under type A, around 60% under type H, 40% under type C, and 20% under type D. Type D premenstrual syndrome (depression) is characteristic by symptoms such as feelings of depression, wanting to cry, weakness, sleep disturbances, forgetfulness, confusion, and difficulty in verbalizing thoughts. (Sejati, 2009)

Cognitive impairments such as confusion are rarely experienced by teenagers with premenstrual syndrome, and in this study, less than half of the respondents reported experiencing confusion. This aligns with the theory outlined which states that only around 20% of individuals are likely to experience confusion during PMS.

E. Depression in Young Woman Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Based on Table 5.5 it shows that a small portion of teenagers with *premenstrual syndrome* experience depression (severe and very severe depression) during their menstrual cycles.

A small number of teenagers may experience feelings of depression, hopelessness, and worthlessness when their menstruation approaches each month. Some teenagers experience physical and psychological symptoms that disappear during menstruation. They may feel uncomfortable and have a difficult mood leading up to menstruation, but only a few of them still experience feelings of depression. (Puspa dewi, 2012)

Psychological changes occurring prior to menstruation, combined with other issues such as depression, will undoubtedly worsen the severity of premenstrual syndrome (Putri, 2017).

Premenstrual syndrome is significantly higher in students who are at risk of depression. A statistically significant relationship has been found between the risk of depression and total PMSS scores and all subscale scores of the Premenstrual Syndrome Scale (PMSS) (Acikgoz et al., 2017).

The risk of depression increases during the PMS period. Someone experiencing premenstrual syndrome and also experiencing depression will worsen their condition, and if it becomes more severe, it may lead to *Premenstrual dysphoric disorder* (PMDD).

F. Withdrawal in Young Girls Experiencing *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Based on table 5.6 it shows that the majority of teenagers with premenstrual syndrome experience withdrawal or social withdrawal.

Premenstrual syndrome can be diagnosed if the patient reports at least one affective and somatic symptoms before menstruation, including social withdrawal from the environment. (Hofmeister and Bodden, 2016).

Various symptoms arise during premenstrual syndrome, including physical, psychological and behavioral

symptoms. These symptoms can have an impact on the interpersonal relationships of teenage girls. The most commonly complained about behavioral symptom of premenstrual syndrome by teenage girls is a dislike for socializing (Purnami, 2022)

The emotional dynamics experienced by adolescents with premenstrual syndrome (PMS) affect three aspects : daily activities, interpersonal relationships, and decision making regarding problems. The impact on daily activities is interpreted as the emotions being directly or indirectly related to daily activities. (Puspa dewi, 2012).

Based on this research, it is found that the majority of individuals experience withdrawal from social environments. This can be attributed to emotional instability caused by changes in estrogen hormones, making individuals easily offended by certain things and prefer to withdraw from social environments.

The tendency to withdraw is a symptom of social deviation that is no longer assertive for adolescents in adapting to their surroundings . The tendency to withdraw is characterized by behaviors such as escaping from groups, becoming isolated, preferring solitude being quiet and tending towards introversion.

G. Psychological Problems in Young women who experience *Premenstrual Syndrome* at Junior High School 3 Tuban in 2021-2022

Psychological symptoms in Female teenagers experiencing premenstrual syndrome at Tuban 3 Public Middle School, include easy anger, withdrawal and majority experiencing anxiety.

Emotional and behavioral symptoms include mood swings, irritability depression, anxiety, concentration difficulties and insomnia.

However not all of the above signs and symptoms always occur. However women are classified as experiencing, premenstrual syndrome if they have one emotional symptoms and one physical symptoms that occurs during the premenstrual phase for at least two consecutive cycles, negatively impacting daily activities and the symptoms disappear after menstruation ends.(Link, 2018).

Several changes occur during PMS, including physical, psychological, and behavioral changes. Psychologically ,teenagers may experience easy anger, lack of concentration, daydreaming, forgetfulness, lack of enthusiasm, mood swings, and heightened sensitivity during PMS (Julianti et al., 2017).

Psychological factors have a significant on Premenstrual Syndrome (PMS), as the occurrence of psychological issues can worsen (PMS) (Puji et al., 2021). Symptoms such as being easily offended, anger, depression, sensitivity being or one to tears, anxiety, difficulty concentrating , confusion, difficulty resting and feeling lonely fall in to the category of *psychologic symptoms* (Puspasari, 2020).

In the study, it was found that the majority of female teenagers with premenstrual syndrome experience psychological problems, with the most commonly reported ones being easy anger, anxiety and withdrawal from social enviroments. These psychological issues experienced by teenage girls with premenstrual syndrome can affect their daily activities and worsen the severity of premenstrual syndrome itself.

CONCLUSION

1. The majority of teenagers experiencing *premenstrual syndrom* have a mild severity level.
2. Almost all female teenagers at Junior High School 3 Tuban with *premenstrual syndrom* experience

psychological issues particularly easy anger.

3. The majority of female teenagres at Junior High School 3 Tuban with *premenstrual syndrome* experince psychological issues, sprecifically, anxiety.
4. The majority of female teenagers at Junior High School 3 Tuban with *premenstrual syndrome* do not experience confusion as a psychological issue.
5. The majority of female at Junior High School 3 Tuban with *premenstrual syndrome* do not experience depression as a psychological issue (normal), while a small portion may experience mild depression.
6. Almost all female teenagers with *premenstrual syndrome* at Junior High School 3 Tuban experience social withdrawal as a psychological issue.
7. Psychological issue among female teenagers with *premenstrual syndrome* at Junior High School 3 Tuban mostly include easy anger, social withdrawal and anxiety.

SUGGESTION

1. For educational institutions (schools) it is important to include reproductive health education in the curriculum for female students at the junior high school level since the majority of them have already experienced menstruation and may potentially experience premenstrual syndrome.
2. To reduce the severity of *premenstrual syndrome* ,health education should be provided on what *premenstrual syndrome*, is ,its causes and preventive measures.
3. Further research should be conducted to explore the symptoms of PMS and the relationship between causative factors or risk, factors and *premsrual syndrome*.

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