THE RELATIONSHIP BETWEEN THE INCIDENT OF DYSMENORRHEA AND THE PERFORMANCE OF NURSES AT BHAYANGKARA HOSPITAL BRIMOB KELAPADUA DEPOK IN 2023

Kurniati Puji Mastiti [*]**, Indah Yuliani**
Nursing Study Program, Sekolah Tinggi Ilmu Kesehatan Abdi Nusantara
Jl. Swadaya No.7, RT.001/RW.014, Jatibening, Kec. Pd. Gede, Kota Bks, Jawa Barat 17412, Indonesia
Email: _kurniati.puji@gmail.com_

Abstract

Background: Based on an initial survey conducted by researchers at the Bhayangkara Brimob Kelapadua Hospital, Depok, data was obtained that out of 122 female nurses, 70 (57%) nurses experienced dysmenorrhea which could interfere with performance because it caused the services provided to be less than optimal. Purpose: To determine the relationship between the incidence of dysmenorrhea and the performance of nurses at the Bhayangkara Brimob Kelapadua Hospital, Depok in 2023. Methods: Cross sectional through a point time approach where samples were taken using a total sampling of 70 respondents. Data analysis using chi square test. Results: There is no significant relationship between the incidence of dysmenorrhea and nurse performance, this is shown by the value (p-value 0,183). Conclusion: There is no significant relationship between the incidence of dysmenorrhea and the performance of nurses at the Bhayangkara Brimob Kelapadua Hospital, Depok, so that nurses can still provide optimal nursing care services even though they are experiencing dysmenorrhea.

Keywords: Dysmenorrhea, Nurse Performance

Introduction

Dismenorrhea can be a detrimental condition for women because it can affect the quality of life related to health and productivity of work. It happens as a result of the process of uterine contractions, which make women rest or cause them to function less well and engage in fewer activities each day (Afriani & Fitriani, 2023).

If this happens to a working woman then her work activity can be interrupted so she can't get to work. For the sector where the majority of employees are women, then the problem of dysmenorrhea needs attention. The understanding of performance is the result of the work a person achieves in fulfilling his responsibilities. The degree of success of a person in carrying out a task as a whole in a given period is also referred to as performance (Silaen et al., 2020).

Data from the World Health Organization (WHO) in 2020 found an incidence of 1,769,425 women (90%) who experienced dysmenorrhea, with 10-16% experiencing severe dysmenorrhea. The incidence of dysmenorrhea in the United States is 60%, in Sweden is 72%, and in Asia is 84.2% with details of incidence in East Asia as much as 68.7%, in Middle East Asia as much as 74.8%, and in South Asia as much as 54%. While in Southeast Asia shows different figures, the incidence rate in Malaysia reached 69.4% and in Thailand it was 84.2% (Dismenorea et al., 2020).

When compared to other nations worldwide, Indonesia has a very high rate of dysmenorrhea. Nearly all women have experienced 90 percent of their dysmenorrhea, which causes frequent absences from work and school for at least 50 percent of women in reproductive age and 60 to 85 percent of women in adolescence (Wulanda, 2020).

The incidence rate of dysmenorrhea in Indonesia was 64.25% consisting of 54.89% primary and 9.36% secondary. Dysmenorrhea and associates, 2020. West Java has a relatively high prevalence of dysmenorrhea, with 54.9% of women reporting mild dysmenorrhea (24.5%), moderate dysmenorrhea (21.28%), and severe dysmenorrhea (9.36%) (Sulistyoningtyas et al., 2022).

Out of the total 137 nurses at the Bhayangkara Brimob Kelapadu Depok Hospital, 122 of them are women. A number of nurses have reported experiencing pain that radiates to the lower legs and back, and is extremely evident and unsettling. They experienced dysmenorrhea discomfort for one to three days. Several of them began using analgesics for the first time when they experienced dysmenorrhea. Meanwhile, the nurses were feeling overburdened by their work, which resulted in subpar patient care.

The admission of some of the nurses who worked there and transferred their responsibilities to other patients when they became dysmenorrhea served to further solidify the situation. This condition significantly affects an individual's performance, particularly that of a nurse. The author will look into the "Dysmenorrhea Relationship to Nurse Performance at Bhayangkara Brimob Kelapadu Depok Hospital" based on the data gathered.

Methods

1.1 Research Design

The type of research used in this study is analytical research with a cross sectional study approach, which is a research to study the dynamics of correlation between risk factors and effects through an approach, by approaching, observing and collecting data at once at a time (point time approach), so that the object of research is only observed once.

1.2 Setting and Samples

This research was carried out at Bhayangkara Hospital Brimob Kelapadua Depok in November 2023. Sampling must be carried out in such a way that a sample is obtained that can truly represent (representative) and can describe the actual state of the population, then in determining the sample must have inclusion and exclusion criteria. The following are the criteria for inclusion in this study sample: willing to be a respondent, Nurses at Bhayangkara Hospital Brimob Kelapadua Depok, and has or has ever had dysmenorrhea. The following are the exclusion criteria for this study sample: not willing to be a participant in the study, not registered as an active Nurses at Bhayangkara Hospital Brimob Kelapadua Depok, and not completely fill the instrument that has been given by the researcher.

Sampling in this study used total sampling techniques, which was 70 respondents. Because the population is under 100 people. According to (Sugiyono, 2018) census or total sampling is a sampling technique where all members of the population are sampled all. Research conducted on a population of under 100 people should be conducted by census, so that all members of the population are sampled as all subjects studied or as informing respondents.

1.3 Measurement and Data Collection

Data collection techniques in this study by filling out questionnaires. After the type of research instrument is determined, the next step is to test the validity and reliability of the instrument, a good instrument must meet the requirements of valid and reliable. For this reason, researchers conduct validity and reliability tests first before the instrument is used in research. Based on the SPSS results, 13 out of 34 dysmenorrhea questions were declared valid and 11 out of 20 Nurse's performance questions were declared valid. In this study, reliability tests were conducted using SPSS for windows with Cronbach's Alpha model measured based on Cronbach's Alpha scale 0 to 1, then the results for the dysmenorrhea questionnaire Alpha Cronbach's value of 0,783 were obtained. As for the Nurse's performance questionnaire, Cronbach's Alpha score was 0,842. Then it can be stated both questionnaires are reliable.

1.4 Data Analysis

The data were analyzed and interpreted by testing the hypothesis using the IBM SPSS Statistics 23 computer program according to the following stages of analysis: univariate analysis used to know and analyze the characteristics of the research subject, and bivariate analysis used to determine the influence of two variables, independent variables and dependent variables by testing the chi square statistical test with a meaning limit said to be meaningful when it has p value ≤ 0.05. Or in other words if the Chi Square value is p value ≤ 0.05.

1.5 Ethical Considerations

This research is conducted by providing an explanation to prospective respondents about the purpose and objectives of the research, if prospective respondents agree to participate in the research, prospective respondents are required to sign informed consent. This research has obtained a research permit from the head of the Institute of Health Science Abdi Nusantara Nursing Study Program which was shown to Bhayangkara Hospital Brimob Kelapadua Depok. The research used 25 references from 2018 to 2023.

Results

3.1. *Characteristics of Respondents*

Table 1. Frequency Distribution of Respondents' Characteristics

Age	Amount	Percentage
20-25 Years	32	46%
26-30 Years	28	40%
31-35 Years	9	13%
36-40 Years	1	1%
Total	70	100%
Marriage Status	**Amount**	**Percentage**
Married	30	43%
Unmarried	40	57%
Total	70	100%
Ward	**Amount**	**Percentage**
Emergency Ward	11	16%
Intensive Care Unit	8	11%
Polyclinic	13	19%
Surgical Ward	7	10%
2nd Floor Treatment Room	9	13%
3rd Floor Treatment Room	15	21%
5th Floor Treatment Room	7	10%
Total	70	100%

Based on table 1 on the age characteristics of respondents, there were 32 respondents aged 20-25 years (46%), 28 respondents aged 26-30 years (40%), 9 respondents aged 31-35 years (13%), and 1 respondents aged 36-40 years (1%).

Regarding the characteristics of the respondent marriage status, there are 30 married respondents (43%), and 40 unmarried respondents (57%).

Regarding the characteristics of respondents' ward, there were 11 respondents in Emergency Ward (16%), 8 respondents in Intensive Care Unit (11%), 13 respondents in Polyclinic (19%), 7 respondents in Surgical Ward (10%), 9 respondents in 2nd Floor Treatment Room (13%), 15 respondents in 3rd Floor Treatment Room (21%), and 7 respondents in 5th Floor Treatment Room (10%).

3.2. *Dysmenorrhea*

Table 2. Frequency Distribution of Dysmenorrhea

Dysmenorrhea	Amount	Percentage
Risk on The Job	33	47%
No Risk on The Job	37	53%
Total	70	100%

Based on table 2, it is known that as many as 33 (47%) nurses are at risk at work due to dysmenorrhea and as many as 37 (53%) nurses are not at risk at work despite having dysmenorrhea.

3.3. *Nurse Performance*

Table 3. Frequency Distribution of Nurse Performance

Nurse Performance	Amount	Percentage
Good	14	20%
Sufficient	45	64,3%
Less	11	15,7%
Total	70	100%

Based on table 3, it is known that the performance of nurses who experience dysmenorrhea shows that good performance is 14 (20%), sufficient performance is 45 (64,3%), and less performance is 11 (15,7%).

3.4. *The Relationship of Dysmenorrhea Incidence to Nurse Performance*

Table 4. The Relationship of Dysmenorrhea Incidence to Nurse Performance

		Nurse Performance			Total	*p value*
		Good	Sufficient	Less		
Dysmenorrhea	Risk on The Job	9 (16,1%)	46 (82,1%)	1 (1,8%)	56 (100%)	
	No Risk on The Job	5 (12,2%)	25 (61,0%)	11 (26,8%)	41 (100%)	0,183
Total		14 (14,4%)	71 (73,2%)	12 (12,4%)	97 (100%)	

Based on the table 4 it shows that nurses who experience dysmenorrhea are at risk of work with less performance as many as 3 nurses (9.1%). Nurses who had dysmenorrhea but were not at risk in underperforming jobs were 8 nurses (21.6%). Nurses with dysmenorrhea were at risk in occupations with sufficient performance as many as 21 nurses (63.6%).

Nurses who had dysmenorrhea but were not at risk in jobs with sufficient performance were 24 nurses (64.9%). Nurses with dysmenorrhea were at risk in jobs with good performance as many as 9 nurses (27.3%). Nurses who had dysmenorrhea but were not at risk in jobs with good performance were 5 nurses (13.5%).

Discussion

In the results of the Chi Square analysis, a p value of 0,183 is obtained, meaning that p value > level of significance ($\alpha = 0,05$), thus it can be stated that there is no significant relationship between the incidence of dysmenorrhea and the performance of nurses at Bhayangkara Brimob Kelapadua Hospital Depok in 2023.

This is in line with research conducted by (Feny, 2018) where as many as 62 respondents (100%) are unmarried and have dysmenorrhea. Also in accordance with the theory put forward by (Buanawati, 2019) that affects nurse performance are effectiveness and efficiency, authority and responsibility, discipline and initiative.

The incidence of dysmenorrhea does not affect the performance of nurses at Bhayangkara Brimob Hospital Kelapadua Depok, what affects nurse performance is from individual factors, leadership factors, team factors, system factors and contextual or situational factors. this is in accordance with the theory put forward by (Ii, 2018).

Nurse performance is a measure of success in achieving nursing service goals, this is in line with the theory or explanation put forward by (Ii, 2018) which says that there are several nurse performance indicators, namely quality, quantity, commitment, cooperation, integrity, discipline and service orientation.

Implication and Limitations

In conducting this research, the authors encountered several obstacles, including the limitations of controlling activities that could affect the nursing performance.

Conclusion

Based on the results of research, conclusions can be drawn: there is no relationship between the incidence of dysmenorrhea and the performance of Nurses. Nurses who experience the most dysmenorrhea at the age of 20-25 years as many as 32 (46%). Unmarried respondents experienced dysmenorrhea more at 40 respondents (57%). Nurses who have dysmenorrhea are at job risk 37 (53%) while those who are not at occupational risk are 33 (47%). Nurses who experienced dysmenorrhea with good performance as much as 14 (20%), sufficient performance as much as 45 (64.3%).

Acknowledgments

STIKes Abdi Nusantara Jakarta, Bhayangkara Hospital Brimob Kelapadua Depok, and all the respondents to this research.

Author Contribution

Author 1 and Author 2 contributed to the design and implementation of the research, to the analysis of the results and to the writing of the manuscript.

Conflict of interest

The results of this research can be used as an additional literature for the development of nursing science, and to meet the requirements of obtaining Bachelor of Nursing Degree for Author 1.

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