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ABSTRACT

Title of Abstract : Overview of Dysmenorrhea Severity and Management Choices among Female Medical Students at Universitas Mulawarman: 2024 Cohort
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Background : Dysmenorrhea, a highly prevalent gynecological complaint that significantly interferes with daily activities

Objective : prompted this study to investigate the severity levels and treatment preferences among female medical students from the class of 2024 at Universitas Mulawarman.

Research Methods/ Implementation Methods : This descriptive quantitative study utilized a questionnaire to collect data from 50 students, analyzed using frequency distribution and percentage methods.

Results : The results indicated that most respondents experienced non-severe dysmenorrhea, specifically mild pain (46%) and moderate pain (42%), although the pain still disrupted the daily activities of 64% of the students. Regarding treatment preferences, the majority favored non-pharmacological approaches, with relaxation (36%) and drinking mineral water (20%) being the most frequently chosen strategies.

Conclusion/Lesson Learned : In conclusion, while dysmenorrhea among the students was generally mild to moderate, their preferred management leaned strongly toward simple, non-pharmacological interventions.

Keyword : dysmenorrhea, medical students, pain level, treatment