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Paper 1

by Adin Mu'afiro 1

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**RELIEF OF PAIN PREMENSTRUAL SYNDROME ON NURSING STUDENT
WITH MICRONUTRIENT MODEL**

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ABSTRACT

Background

Premenstrual syndrome as recurrent menstrual disorder related to hormonal changes during the menstrual cycle, which interfere with emotional and physical comfort for millions of women of reproductive age. Most women (80%) had some experience premenstrual syndrome at a time. An average of 5% of the experience very severe to cause physical disability, and 30-40% percent had symptoms severe enough to affect their daily activities. Micro nutrients (calcium, magnesium) are an important role in mood and behaviors disorders that last for premenstrual syndrome.

Objective:

Research purpose is analyze pain reduction in the incidence of premenstrual syndrome nursing student with micronutrient model. Special purpose are measure decreased pain premenstrual syndrome in nursing student with micronutrient model in the treatment group and the control and Assessing the differences its.

Method:

The study design used a quasi-experimental pre-post test design group. Subjects were Prodi D III Nursing Student Sutopo and Prodi D IV Nursing Campus Surabaya using simple random sampling. The independent variable were the Model Giving micronutrient. The dependent variable is the reduction of premenstrual syndrome pain. Instrument used VAS, Menstrual Cycle Diary of the National Women's Health Resource Center. Analysis data was using T test

Result:

Age range 19-20 years treated group, a control group of 18-20 years of age. Consumption of calcium dosage treatment group at 591.8 mg / hr whereas in the control group of 27.40 mg / hr. Consumption of magnesium dosage treatment group for 200,00mg/ hr whereas in the control group of 0.00 mg / hari. Number of days pms decreased by 1.70 days in the treatment group and the control group decreased by 0,90 days. The results of treatment group showed a decrease in the average amount of pain in 11 PMS symptom (55%) in the complaints: joint pain, Breast pain, stomach cramps: easily offended; Difficulty concentrating, Sleeplessness; The desire to be alone; Easy to cry; Sudden mood changes; Nervous ($p \leq \alpha = 0.05$).

Recommendation

Calcium and Magnesium showed able to cure some premenstrual syndrome symptoms. The role of Calcium in premenstrual syndrome, give feedback on the complex hormonal menstrual cycle. The calcium is effectively able to relieve most of the symptoms of mood and somatic. Magnesium is able to reduce the symptoms of anxiety premenstrual (nervous tension, mood changes, irritability, or anxiety).

Key words: pain, premenstrual syndrome, micronutrient

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