

TABLE OF CONTENTS

APPROVAL SHEET	i
VALIDITY SHEET	ii
ABSTRAK	iii
ABSTRACT	iv
FOREWORD	v
TABLE OF CONTENTS	vii
LIST OF TABLES.....	ix
LIST OF FIGURE.....	x
AUTHENTICITY STATEMENT	xi
CHAPTER I INTRODUCTION	1
1.1. Background	1
1.2. Problem Formulation.....	3
1.3. Research Objectives	3
1.4. Research Benefits	3
1. Theoretical Benefits	3
2. Practical Benefits	3
3. Originality of Research	3
CHAPTER II LITERATURE REVIEW	6
2.1 Theoretical Foundation	6
1. Menstruation	6
2. Dysmenorrhea	7
3. Dysmenorrhea Therapy	10
4. Factors affecting dysmenorrhea.....	15
5. Knowledge	16
6. Darussalam Gontor University	17
2.2 Theoretical framework	19
2.3 Conceptual framework	19
2.4 Hypothesis.....	19
CHAPTER III RESEARCH METHODS	21
3.1 Research type and design	21

3.2 Place and time of research.....	21
3.3 Research population and sample	21
3.4 Research variables.....	22
3.5 Operational definition of variables.....	22
3.8 Research procedur	22
1. Preparation	22
2. Preliminary research	23
3. The validity and reliability test	23
4. Data collection	24
3.9 Data analysis	25
1. Data on the results of filling out questionnaires regarding the level of knowledge.....	25
2. Data from the results of filling out questionnaires regarding the use of NSAIDs for dysmenorrhea	25
3.10 Research flow chart.....	26
3.11 Research schedule	26
CHAPTER IV RESULTS AND DISCUSSION	28
4.1 Prevalence of dysmenorrhea in female students of Darussalam Gontor University.....	28
4.2 Level of knowledge of female students of Darussalam Gontor University regarding NSAIDs to treat dysmenorrhea.....	39
4.3 The relationship between the level of knowledge and the use of NSAIDs to overcome dysmenorrhea in female students at Darussalam Gontor University ...	43
CHAPTER V CONCLUSIONS AND SUGGESTIONS	49
5.1 Conclusion.....	49
5.2 Suggestion.....	49
BIBLIOGRAPHY	50
ATTACHMENT.....	59



LIST OF TABLES

Table 1. Originality Of Research	3
Table 2. Operational Definition.....	22
Table 3. Research Schedule.....	26
Table 4. Distribution Of Students Based On Length Of Menstruation	28
Table 5. Prevalence of Menstrual Pain (Dysmenorrhea) In Female College Students	30
Table 6. Activities To Do When Menstrual Pain.....	32
Table 7. Prevalence Of Pain Medication Used During Dysmenorrhea.....	36
Table 8. Level Of Knowledge Of Female Students Regarding NSAIDs To Treat Dysmenorrhea	39
Table 9. Results Of The Statement On The Use Of NSAIDs To Treat Dysmenorrhea.	41
Table 10. The Relationship Between The Level Of Knowledge And The Use Of NSAIDs To Overcome Dysmenorrhea In Female Students.....	43
Table 11. Results Of Statement On The Use Of NSAIDs To Treat Dysmenorrhea.	45

LIST OF FIGURE

Picture 1. Theoretical Framework.....	19
Picture 2. Conseptual Framework.....	19
Picture 3. Research Flow Chart.....	26

