

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI BIDAN
FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Penelitian, Juli 2026

Thania Dwi Yanti

NIM: 22601100

**Pengaruh *E-Booklet* Terhadap Pengetahuan Teknik Relaksasi *Deep Breathing* dalam Mengatasi Dismenore pada Remaja Putri di SMA N 10 Pekanbaru
xiii + 63 halaman, 9 tabel, 3 gambar, 13 lampiran**

ABSTRAK

Dismenore merupakan keluhan yang sangat lazim dialami perempuan, dengan prevalensi nasional sebesar 64,25%, dan hampir seluruh siswi SMA di Pekanbaru (93,96%) pernah mengalaminya. Studi pendahuluan di SMA N 10 Pekanbaru menunjukkan bahwa baru 43,5% siswi memahami penanganan dismenore secara non-farmakologis, sementara edukasi berbasis *e-booklet* mengenai teknik relaksasi deep breathing belum pernah diterapkan di sekolah tersebut. Studi ini dilaksanakan dengan maksud untuk menganalisis sejauh mana *e-booklet* memberikan dampak terhadap tingkat pengetahuan remaja putri tentang teknik relaksasi deep breathing dalam mengatasi dismenore di SMA N 10 Pekanbaru. Rancangan yang diterapkan dalam penelitian ini berbentuk *pre-eksperimental* dengan model *one group pretest-posttest*, melibatkan 81 responden dari populasi 440 siswi kelas X dan XI, yang dipilih melalui proportionate stratified random sampling. Pengetahuan diukur menggunakan kuesioner 25 item yang telah teruji valid dan reliabel (*Cronbach's Alpha* 0,961), lalu dianalisis menggunakan Uji *Wilcoxon Signed Ranks Test*. Hasil penelitian menunjukkan bahwa sebagian besar responden (97,5%) mengalami dismenore, dengan rata-rata pengetahuan meningkat signifikan dari 21,53 pada *pretest* menjadi 90,86 pada *posttest* dengan hasil *p-value* <0,001), dan seluruh responden (100%) mengalami peningkatan pengetahuan. Dapat disimpulkan bahwa *e-booklet* berpengaruh signifikan terhadap peningkatan pengetahuan remaja putri mengenai teknik relaksasi *deep breathing* dalam mengatasi dismenore, sehingga media ini direkomendasikan untuk diintegrasikan ke dalam program edukasi kesehatan reproduksi remaja di sekolah.

Kata Kunci : *E-Booklet, Deep Breathing, Dismenore, Pengetahuan, Remaja Putri*

Daftar Bacaan : 42 (2022-2026)

**BACHELOR OF MIDWIFERY STUDY PROGRAM AND MIDWIFE PROFESSIONAL
EDUCATION FACULTY OF MIDWIFERY INSTITUTE OF HEALTH PAYUNG
NEGERI PEKANBARU**

Research, July 2026

Thania Dwi Yanti

Student ID: 22601100

The Effect of an E-Booklet on Knowledge of Deep Breathing Relaxation Technique in Managing Dysmenorrhea among Adolescent Girls at SMA N 10 Pekanbaru

xiii + 63 pages, 9 tables, 3 figures, 13 appendices

ABSTRACT

Dysmenorrhea is a highly common complaint experienced by women, with a national prevalence of 64.25%, and nearly all senior high school students in Pekanbaru (93.96%) have experienced it. A preliminary study at State Senior High School 10 Pekanbaru revealed that only 43.5% of students understood the non-pharmacological management of dysmenorrhea, while e-booklet-based education on deep breathing relaxation techniques had never been implemented at the school. This study aimed to determine the effect of an e-booklet on adolescent girls' knowledge of deep breathing relaxation techniques in managing dysmenorrhea at State Senior High School 10 Pekanbaru. The research design employed was a pre-experimental design with a one-group pretest-posttest approach, involving 81 respondents drawn from a population of 440 female students in grades X and XI, selected through proportionate stratified random sampling. Knowledge was measured using a 25-item questionnaire that had been tested for validity and reliability (Cronbach's Alpha 0.961), and the data were analyzed using the Wilcoxon Signed Ranks Test. The results showed that the majority of respondents (97.5%) experienced dysmenorrhea, with mean knowledge scores increasing significantly from 21.53 at pretest to 90.86 at posttest (p -value < 0.001), and all respondents (100%) showed an increase in knowledge. It can be concluded that the e-booklet has a significant effect on improving adolescent girls' knowledge of deep breathing relaxation techniques in managing dysmenorrhea, and it is therefore recommended for integration into school-based adolescent reproductive health education programs.

Keywords : E-Booklet, Deep Breathing, Dysmenorrhea, Knowledge, Adolescent Girls

References : 42 (2022-2026)