

ABSTRAK

HUBUNGAN DERAJAT DISMENORE DENGAN INTENSITAS KERJA PADA PEKERJA WANITA USIA REPRODUKTIF DI PT. SUMATRACO SURABAYA

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Dismenore merupakan keluhan menstruasi yang dapat memengaruhi aktivitas kerja wanita usia reproduktif. Penelitian ini bertujuan mengetahui hubungan derajat dismenore dengan intensitas kerja pada pekerja wanita usia reproduktif di PT. Sumatraco Surabaya. Penelitian menggunakan desain korelasional dengan pendekatan kuantitatif terhadap 45 responden yang dipilih melalui accidental sampling. Data dikumpulkan menggunakan kuesioner dan dianalisis dengan uji Spearman Rank. Hasil penelitian menunjukkan derajat dismenore sedang sebanyak 20 responden (44,4%) dan intensitas kerja sedang sebanyak 20 responden (44,4%). Uji Spearman Rank menunjukkan $r_s = 0,315$ dan $p\text{-value} = 0,035$ ($p < 0,05$). Dengan demikian, terdapat hubungan positif yang signifikan dengan kekuatan lemah antara derajat dismenore dan intensitas kerja.

Kata kunci: dismenore, intensitas kerja, pekerja wanita, usia reproduktif



**THE RELATIONSHIP BETWEEN THE DEGREE OF DYSMENORRHEA
AND WORK INTENSITY AMONG WOMEN OF REPRODUCTIVE AGE
AT PT. SUMATRACO SURABAYA**

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Dysmenorrhea is a menstrual disorder that may affect the work activities of women of reproductive age. This study aimed to determine the relationship between dysmenorrhea severity and work intensity among female workers of reproductive age at PT. Sumatraco Surabaya. A quantitative correlational design was used with 45 respondents selected through accidental sampling. Data were collected using questionnaires and analyzed using the Spearman Rank test. The results showed that moderate dysmenorrhea and moderate work intensity were each experienced by 20 respondents (44.4%). The Spearman Rank test showed $r_s = 0.315$ and $p\text{-value} = 0.035$ ($p < 0.05$). Thus, there was a significant positive relationship with weak strength between dysmenorrhea severity and work intensity.

Keywords: dysmenorrhea, work intensity, women workers, reproductive age

