

CHAPTER V CONCLUSION

A. Conclusion

Based on the results of the research and discussion that has been described, it can be concluded that:

1. The median for the age of the respondents was 13 and median for age of menarche was 11. The majority of respondents' grade dysmenorrhea in the mild pain category.
2. The majority of respondents' parents in senior high school, parents occupation are private employees and entrepreneurs, and for parents incomes in the below of regional minimum wage in Banyumas.
3. The majority of adolescents' knowledge with non-pharmacology practice to treating dysmenorrhea in the medium category.
4. The majority of adolescents' attitude with non-pharmacology practice to treating dysmenorrhea in negative category.
5. The majority of adolescents doing non-pharmacology treatment of dysmenorrhea is don't handling the treatment.
6. There is no relationship between adolescents' knowledge with non-pharmacology practice of treating dysmenorrhea.
7. There is no relationship between adolescents' attitude with non-pharmacology practice of treating dysmenorrhea.

B. Research Suggestion

Research suggestions that can be given based on the results of this research include:

1. For Adolescent
Adolescents starts to improve their ability to perform treatment and add insight when dysmenorrhea occurs in non-pharmacology ways so the pain is reduced.

2. For Educational Institutions

Educational institutions can be used as a reference in providing education to adolescents in delivering education on treatment dysmenorrhea and helping the learning process, especially in the field of women's health nursing.

3. To Nursing Profession

The nursing profession can create an alternative in providing health education in the field of women's and adolescent health nursing regarding dysmenorrhea.

4. For Other Researcher

Other researcher can be used as a reference for further research related to the other factors that related such as motivation. Questionnaires for knowledge and attitudes that the other researcher will use can be a focused questionnaire on non-pharmacology practices so that it can describe the knowledge and attitudes of adolescents towards non-pharmacology treatment.

