

Research Article

The Psychic Complaints of Premenstrual Syndrome with Female Workers' Productivity in Makassar

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Abstract: This study is complemented by the approval of the Prem Menstrual Syndrome, which is attended by every woman before her arrival, in order to increase women's productivity. This study aims to influence the psychic complaints of pre-menstrual syndrome on female labor productivity in Makassar. The research was conducted at PT. Bogatama Marinusa, Makassar City using a cross sectional study design. The research sample amounted to 90 people who were selected using purposive sampling. Bivariate analysis was performed with Chi square statistical tests to see the effect of psychic complaints on premenstrual syndrome on productivity. The results showed that there was an effect of psychological complaints on the productivity of female workers with a significance value of $P = 0.011$. For policy holders, it is expected to be able to improve health care facilities in the company and routinely conduct medical checkups to determine the health conditions of female workers.

Keywords: Psychological Complaints Pre Menstrual Syndrome, Productivity, Female Labor.

INTRODUCTION

Menstruation is bleeding due to the process of releasing the uterine wall (endometrium). Syndrome Pre Menstruation is one of the most common disorders in women. As many as 30-50% of women experience symptoms of PMS, and about 5% experience severe symptoms that have a major impact on their physical health and social function (Ramadani, 2012).

Syndroma Pre Menstruation (SPM) is a physical disorder that is common in mid-young women, characterized by consistent physical and emotional symptoms. Symptoms can be estimated and usually occur regularly at 7-14 days before menstruation and will disappear during menstruation (Siyamti *et al.*, 2011).

The difference in the incidence of premenstrual syndrome among women is usually caused by several factors including stress, increasing age, poor diet and nutritional status. Personality characteristics

factors may be related to SPM which triggers premenstrual symptoms (Gaion *et al.*, 2011)

The most common physical symptoms experienced by women include abdominal cramps or pain (51%), joint, muscle or back pain (49%), breast pain (46%), and flatulence (43%). About one in three SPM sufferers say their lives are affected by these symptoms substantially (Wahyuni *et al.*, 2015). Asia Pacific found that around 63% of SPM sufferers had never seen a doctor while cases in the Asia Pacific region varied, with the highest prevalence in Australia (43%) and the lowest in Pakistan (13%).

Gracia *et al.*, (2011) found that there was a relationship between premenstrual syndrome and sleep disorders so that you can be more careful in diagnosing and doing therapy for patients. Much of the research that describes risk factors Syndrome Pre Menstruation. One of them is Namsa *et al.*, (2015) found that there was a significant relationship between nutritional status and pre-menstrual syndrome in adolescent girls in

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Brother Don Bosco High School Manado. Puspitasari *et al.*, (2014) found that respondents who had knowledge were 0.473 times better at managing premenstrual syndrome than respondents who had less knowledge so that this information could be used in an effort to overcome SPM complaints. This study aims to influence the psychic complaints of pre-menstrual syndrome on female labor productivity in Makassar.

METHODOLOGY

Design Research

This study was an observational study using cross sectional study. This research was conducted in Makassar with a case study located at PT. Bogatama Marinusa Makassar City for two months from March to April 2019.

Population and Sample

The population in this study were all female workers who worked at PT. Bogatama Marinusa Makassar in 2019 namely 115 female workers. The sample in the study was female workers who worked at

PT. Bogatama Marinusa Makassar in 2019 as many as 90 female workers. The sampling technique in this study used a purposive sampling technique.

Method of Collecting Data

Primary data is obtained through direct interviews with female workers of PT. Bomar Makassar using a questionnaire. Data secondary collected by the Company Profile PT. Bogatama Marinusa Makassar City regarding the number of female workers and company profiles at PT. Bogatama Marinusa Makassar Makassar City.

Data Analysis

Data were analyzed using the SPSS program. The data analysis technique used is univariate analysis which serves to provide a description of female labor characteristics, bivariate analysis to find the relationship between the independent variables and the dependent variable with the chi square test. The data presentation is done in the form of a frequency distribution table with interpretation.

RESULTS

Table 1. Characteristics of Respondents and Variable Characteristics in Makassar 2019

Characteristics	N	%
Age of respondents		
18-25	22	24,44
26-35	41	45,56
36-40	14	15,56
>40	13	14,44
Education		
Elementary school	10	11,11
Junior high school	27	30,00
High school	45	50,00
Academic	2	2,22
Bachelor	6	6,67
Productivity		
High	71	78,89
Low	19	21,11
Pre Menstrual Syndrome (SPM)		
Felt	29	32,22
Not	61	67,78
Psychic Complaints		
There is	30	33,33
There is no	60	66,67

Table 1 show that the age of respondents is dominated by productive age, which is between 26-35

years and for the education level that is high school as many as 45 respondent.

Table 2. Relationship between Psychic Complaints with Productivity of Female Labor in Makassar

Psychic Complaints	Productivity				Total		P
	Low		High		n	%	
	n	%	n	%			
Felt	11	36,67	19	63,33	30	100,0	0.022
Not felt	8	13,33	52	86,67	60	100,0	
Total	19	21,11	71	78,89	90	100,0	

Table 2 shows that found more in those who did not feel psychic complaints (86.67%), compared to those who felt psychological complaints (63.33%). The

results of the statistical test showed a value of $p < 0.05$, which means significant, so it was concluded that there

was a relationship between psychological complaints and productivity.

DISCUSSION

This study shows the effect of psychic complaints on pre-menstrual syndrome on female labor productivity in Makassar with a case study at PT. Bogatama Marinusa in Makassar City. Saryono *et al.*, (2009) explain the causes of premenstrual syndrome is associated with several factors such as the hormonal imbalance between estrogen and progesterone. Among changes during SPM are physical changes, mood swings, and mental changes.

There are two symptoms when premenstrual syndrome arrives, namely physical symptoms including cramps, abdominal pain, breast pain, flatulence, increased weight, increased fatigue, swelling of the hands and feet, joint pain, pain head, and insomnia (insomnia). Then the emotional symptoms, including irritability, irritability, increased appetite, unstable mood, anxiety, feeling sad and depressed, feeling depressed, feeling useless and guilty, sensitive, hopeless, feeling conflicted, desiring to decline, difficulty concentrating, and excessive squeezing or loss of control.

From the data shows the relationship between psychological complaints with productivities, where the percentage of subjects with high productivity found more in those who do not feel psychological complaints, compared to those who feel psychological complaints. The results of the statistical test showed a value of $p < 0.05$ which means significant so it was concluded that there was a relationship between psychological complaints and productivity.

Dariyo (in Rahmania, 2010), suggests that the initial psychological signs of premenstrual syndrome (SPM) are characterized by feelings of anxiety, hopelessness, depression, irritability, and difficulty concentrating or remembering (difficulty of consent or remembering) (Rahmania, 2010).

Hawari (in Rahmania, 2010), explains that complaints that are often encountered at the time of menstruation include: irritability, moodiness, lethargy, lack of enthusiasm, sadness (depression), tension, anxiety (tension), headache, weak, feeling of swelling (sensation of swelling) and loss of strength (energy loss) (Rahmania, 2010).

This research is in line with the medical journal published by Ramadani (2012) who found that as many as 10% experienced very severe PMS which caused absence from school or at work for 1-3 days each month. PMS is characterized by rapid changes in mood / psychology (for example, depression, irritability, anger, aggression, easy crying, tension, anxiety).

CONCLUSION

Based on the results of the research conducted, there was an influence of psychological complaints on the productivity of female workers in Makassar. It is recommended for policy holders to be able to improve health care facilities in the company and routinely conduct medical checkups to determine the health conditions of female workers.

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