ABSTRAK

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PERBANDINGAN ANTARA FACIAL PAIN SCALE, VERBAL RATING SCALE, VISUAL ANALOG SCALE DAN NUMERIC RATING SCALE PADA INTENSITAS NYERI DISMENORE

Latar Belakang: Di Indonesia angka kejadian dismenore terbilang cukup besar, yaitu sekitar 60%-70%. Nyeri dapat diukur menggunakan instrument pengukur intensitas nyeri seperi *Facial Pain Scale* (FPS)*, Verbal Rating Scale* (VRS)*, Numeric Rating Scale* (NRS) dan *Visual Analog Scale* (VAS). Pada penelitian sebelumnya terdapat perbedaan rekomendasi penggunaan instrument pengukur intensitas nyeri dan juga kurang memperhatikan subjektivitas dari intensitas nyeri dismenore.

Tujuan Penelitian: Mengetahui perbandingan antara *Facial Pain Scale*, *Verbal Rating Scale*, *Visual Analog Scale* dan *Numeric Rating Scale* pada intensitas nyeri dismenore.

Metode Penelitian: Penelitian ini menggunakan metode deskriptif kategorik dengan desain studi *cross sectional*. Sampel yang diambil sebanyak 59 orang, yang merupakan wanita yang telah dipilih menggunakan teknik purposive sampling dengan sampling nonprobabilitas dan berusia 18-25 tahun serta sedang menstruasi saat pengambilan sampel dan tidak menggunakan alat kontrasepsi.

Pengambilan data dilakukan mulai dari bulan Januari hingga Maret 2021. Pengolahan data dikumpulkan menjadi satu meggunakan program Microsoft Excel dan dianalisa menggunakan program *Statistic Package for Social Sciences* (SPSS)dengan uji kappa test.

Hasil : Dari 128 responden yang mengisi kuesioner, terdapat 12 (9%) responden dieksklusi sehingga tersisa 116 (91%) sampel.. Dari 116 responden terdapat 20 (17,3%) responden memiliki siklus menstruasi tidak teratur, kemudian 6 (5,2%) responden merokok, lalu 46 (39,7%) responden memiliki riwayat dismenore dikeluarga dan 20 (17,2%) responden mengkonsumsi obat pereda nyeri. Berdasarkan value koefisien cohen's kappa test pada data yang sudah diinterpretasikan didapati VAS (0.848), FPS (0.756), VRS (0.786) dengan P value ketiganya adalah (<0.001).

Kesimpulan : VAS, FPS dan VRS merupakan instrument pengukur intensitas nyeri dismenore yang valid. VAS unggul dibandingkan dengan FPS dan VRS.

Kata Kunci: Dismenore, Nyeri, Visual Analog Scale, VAS, Numeric Rating Scale, NRS, Facial Pain Scale, FPS, Verbal Rating Scale, VRS

ABSTRACT

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COMPARISON BETWEEN FACIAL PAIN SCALE, VERBAL RATING SCALE, VISUAL ANALOG SCALE AND NUMERIC RATING SCALE ON PAIN INTENSITY OF DYSMENORRHEA

Background: In Indonesia, the incidence of dysmenorrhea is quite large, which is around 60%-70%. Pain can be measured using pain intensity measuring instruments such as the Facial Pain Scale (FPS), Verbal Rating Scale (VRS), Numeric Rating Scale (NRS) and Visual Analog Scale (VAS). In previous studies, there were differences in recommendations for the use of pain intensity measuring instruments and also less attention to the subjectivity of the pain intensity of dysmenorrhea.

Research Objectives: To determine the comparison between the Visual Analog Scale and the Numeric Rating Scale on the intensity of dysmenorrhea pain.

Research Methods: This study used a descriptive categorical method with a cross sectional study design. The sample was taken as many as 59 people, which are women who have been selected using purposive sampling technique with non-probability sampling and aged 18-25 years and were menstruating when sampling and did not use contraceptives.

Data collection will be carried out from January to March 2021. Data processing will be collected into one using Microsoft Excel program and analyzed using the Statistical Package for Social Sciences (SPSS) program, then statistical analysis will be carried out using the diagnostic test method.

Results: There were 128 respondents who filled out the questionnaire, 12 (9%) respondents were excluded so that the total respondents in this study were 116 (91%) samples. Respondents who participated were on average 19 years old with an average weight of 53 kg and an average height of 162 cm. Of the 116 respondents, 20 (17.3%) had irregular menstrual cycles, then 6 (5.2%) smoked, 46 (39.7%) had a family history of dysmenorrhea and 20 (17.2%) respondents took pain relievers. Based on the coefficient value of Cohen's kappa test on the interpreted data, it was found that VAS (0.848), FPS (0.756), VRS (0.786) with their P value (<0.001).

Conclusion: VAS, FPS and VRS are valid instruments for measuring the intensity of dysmenorrhea pain. VAS is superior to FPS and VRS in accurately showing which individuals actually suffer from dysmenorrhea pain and which individuals do not suffer from dysmenorrhea pain. Cohen's kappa test coefficient value on VAS has a very strong level of agreement so that this is in accordance with research conducted by Larroy et al., regarding VAS basically measures the same thing as NRS, namely dysmenorrhea pain intensity without any confounding factors so that the results are purer .

Keywords: Dysmenorrhea, Pain, Visual Analog Scale, VAS, Numeric Rating Scale, NRS, Facial Pain Scale, FPS, Verbal Rating Scale, V