

# The Effect of Premenstrual Syndrome On Female Workers' Productivity In PT. Bogatama Marinusa, Makassar City

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## ABSTRAK

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 analyze the influence of premenstruation on female labor productivity at PT. Bogatama Marinusa in Makassar City. This research was conducted at PT. Bogatama Marinusa in Makassar City with the method used was cross sectional involving 90 samples of female workers who met the research criteria. Data collection is done by interviewing using a questionnaire. Data analysis using Chi-Square test and multiple logistic tests. The result showed that there were interaction between premenstrual syndrome, psychic complaints, premenstrual syndrome types and use of leave on female labor productivity ( $p < 0,05$ ). There is no consideration of the physical strenghts of women's work productivity ( $p > 0,05$ ). Policy owner are expected to be able to improve health facilities at the factory as well as routinely conduct health checks.

## 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).

Syndrome 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 that 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 said 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 premenstrual syndrome in adolescent girls in Brother Don Bosco High School Manado. Puspitasari et al (2014) found that respondents who knew 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 effect of premenstrual syndrome on female labor productivity at PT. Bogatama Marinusa in Makassar City.

## **METHOD**

### ***Research Design and Location***

This research was conducted at PT. Bogatama Marinusa Makassar City for

two months from March to April 2019. This study was an observational study using cross-sectional study.

### ***Population and Sample***

The population in this study were all female workers who worked at PT. Bogatama Marinusa Makassar in 2019 were 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.

### ***Data Collection***

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 that 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, and multivariate analysis to examine the effect of independent variables (physical complaints, psychological complaints, SPM type, and use of leave) on the dependent variable (female labor productivity) together. The data presentation is done in the form of a frequency distribution table with interpretation.



## RESULTS

**Table 1. Characteristics of Respondents**

Characteristics	n	%
<b>Age (years)</b>		
18-25	22	24.44
26-35	41	45.56
36-40	14	15.56
>40	13	14.44
<b>Education</b>		
Elementary school	10	11.11
Junior high school	27	30.00
High school	45	50.00
Academic	2	2.22
Bachelor	6	6.67
<b>What order do you come in your family</b>		
Single	2	2.22
First	27	30.00
Youngest	12	13.33
Etc	49	54.44
<b>Productivity</b>		
High	71	78.89
Low	19	21.11
<b>Pre Menstrual Syndrome (SPM)</b>		
Felt	29	32.22
Not	61	67.78
<b>Physical complaints</b>		
There is	31	34.44
There is no	59	65.56
<b>Psychic Complaints</b>		
There is	30	33.33
There is no	60	66.67
<b>SPM type</b>		
Single	40	44.44
Combination	50	55.56
<b>Leave Use</b>		
<3 days	52	57.78
> 3 days	38	42.22

Table 1 showed that the majority of respondents aged 26-35 years were as many as 41 respondents (45.56%), for education level 45 respondents (50%) educated in high school level, and 49 respondents status as the fourth child (54.44%). Table 1 also showed that most respondents have high productivity as much as 71 respondents (78.89%), for SPM most respondents who do not feel the SPM 61 (67.78%), the physical complaints that most respondents do not feel as much as 59 (65.56%), 60 respondents (66.67%) felt psychic complaints, for the SPM type most respondents were combination types as many as 50 respondents (55.56%) and for the most leave were those who took leave <3 days 52 respondents (57.78%).

Table 2 shows that more people did not feel physical complaints (83.05%), compared to those who felt physical complaints (70.97%). The results of the statistical test showed a value of  $p > 0.50$  that means that it is not significant so it is concluded that there is no relationship between physical complaints and productivity.

Table 3 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  $p < 0.05$ , that means significant, so it was concluded that there was a relationship between psychological complaints and productivity. Table 3 also showed that it is found more in the combination SPM type (88.00%), compared to the single



**Table 2. Relationship between Physical Complaints and Productivity of Respondents**

Physical Complaints	Productivity				Total		<i>p</i>
	Low		High		N	%	
	n	%	n	%			
Felt	9	29.03	22	70.97	31	100	0.288
Not felt	10	16.95	49	83.05	59	100	

**Table 3. Relationship between Psychic Complaints and Type of SPM with Productivity of Respondents**

Variable	Productivity				Total		<i>p</i>
	Low		High		N	%	
	n	%	n	%			
<b>Psychic Complaints</b>							
Felt	11	36.67	19	63.33	30	100	0.022
Not felt	8	13.33	52	86.67	60	100	
<b>SPM type</b>							
Single	13	32.50	27	67.50	40	100	0.035
Combination	6	12.00	44	88.00	50	100	

**Table 4. Relationship between Utilization of Leave and Productivity of Respondents**

Leave Use	Productivity				Total		<i>p</i>
	Low		High		N	%	
	n	%	n	%			
> 3 days	13	34.21	25	65.79	38	100.0	0.019
<3 days	6	11.54	46	88.46	52	100.0	

**Table 5. Multivariate Analysis with Backward Wald Method of Logistic Regression Analysis**

Variable	B	p-value	OR (95% CI)
Physical complaints	- 1,530	0.027	0.216 (0.056 - 0.837)
Psychic Complaints	- 1,904	0.005	0.149 (0.039 - 0.566)
SPM type	1,862	0.006	6,437 (1,691 - 24,503)
Leave Use	1,625	0.011	5,080 (1,462 - 17,646)



SPM type (67.50%). The results of the statistical test show a value of  $p < 0.05$ , that means significant so it can be concluded that there is a relationship between the type of SPM and productivity.

Table 4 showed that more than 3 days of leave (88.46%) was found, compared to > 3 days leave (65.79%). The results of the statistical test showed a value of  $p < 0.05$ , that means significant so it was concluded that there was a relationship between the use of leave with productivity. Table 5 shows that variables that affect productivity are physical complaints, psychological

## DISCUSSION

This study showed the effect of premenstrual syndrome (physical complaints, psychological complaints, type of SPM, and use of leave) on the productivity of female workers at PT. Bogatama Marinusa in Makassar City. The results showed that there were influences on the incidence of premenstrual syndrome (SPM), psychological complaints, the type of premenstrual syndrome (SPM) and the use of leave on the productivity of female labor. While physical complaints do not affect the productivity of female workers.

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.

The results of this study are in line with the research conducted by Fatul (2017) at Airlangga University, that

complaints, type of STD and use of leave. The OR value of psychological complaints is 0.149 with Upper- Lower values = 0.039-0.566, that means that respondents who experience psychological complaints have a possibility of 0.149 times to produce low productivity compared to respondents who do not experience psychological complaints. Table 5 also showed the Nagelkerke R<sup>2</sup> value of 0.375 that can be interpreted that the proportion of employee productivity can be explained by psychological complaints, physical complaints, utilization of leave and SPM type.

shows that premenstrual syndrome does not have a relationship with the level of physical activity, with  $p = 0.678$ . As well as journals published by (Ramadani, 2012) that show that there are only 5% of physical complaints related to SPM.

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 queezing or loss of control.

This research is also in line with Ulfiyah et al (2018) in Universitas Brawijaya who found that work leave implemented by the company is very



effective in reducing the symptoms of employee work stress because work leave can make employees improve efficiency and effectiveness. Research by Aromega et al (2019) at Sam Ratulangi University in Manado also found that compensation in this case leave took effect on employee performance.

## **CONCLUSION AND SUGGESTION**

Based on the results of the research conducted, it shows that there are influences on the incidence of psychological complaints, the type of SPM, and the use of leave on the productivity of female workers. While physical complaints do not affect the productivity of female workers at PT. Bomar Makassar. The results of multivariate analysis showed that all variables affected the productivity of female labor. It is recommended for company policyholders to improve health care facilities at the factory and routinely provide medical check-up services to female workers



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