

Menstrual Pain and Athlete's Emotional Regulation

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Abstract: Menstruation in female athletes every month, accompanied by pain, causes discomfort. Menstruation can affect athletes' emotions during training and competition and affect their performance. This study aims to determine the effect of menstrual pain on the emotional regulation of female athletes during training. The study uses quantitative research methods, by looking for a relationship between menstrual pain and emotional regulation. The research population was female athletes aged 14-17 years who experienced pain during menstruation. Samples were obtained using a purposive sampling technique of 50 people. Research data was taken using menstrual pain instruments and emotional regulation. The results showed that based on the results of the correlation test, the value of Sig. (2-tailed) between menstrual pain (X) and emotional regulation (Y) is $0.004 < 0.05$, which means there is a significant correlation between menstrual pain and emotional regulation. Variable X with variable Y has a Pearson correlation value of 0.401. Based on the results of this study it can be concluded that there is a positive relationship between menstrual pain and emotional regulation in female athletes. The lower the level of menstrual pain, the higher the level of athlete's emotional management. Vice versa, the higher the level of menstrual pain, the lower the athlete's emotional management level.

Keywords: menstrual pain, dysmenorrhea, emotional regulation

INTRODUCTION

Sport is a human activity to achieve physical and spiritual well-being (Siswati, 2020). Soegiyanto said that sports and exercising are the basic rights of all people without distinction of race, religion, social class, or gender (in Pardela, 2019). Bompas stated that physical condition is the foundation where all other factors are related, the stronger the physical foundation, the more other factors develop, namely technique, tactics and mental. So to improve other aspects of sports, they must be supported by good physical condition (in Febriana & Subagio, 2022).

An athlete usually experiences various disorders in physical condition, these disorders can occur in female and male athletes. but female athletes often experience disorders that are not experienced by male athletes. One of the problems with the physical condition of female athletes is during menstruation which is always experienced every month. The belief that menstruating women cannot perform certain daily activities (Mondragon & Txertudi, 2019). Many argue that when menstruating women become weak, it can usually interfere with activities such as exercising. Some

female athletes feel no complaints during menstruation, but it is not uncommon for those who feel complaints in the form of dysmenorrhea during menstruation.

The incidence of menstrual pain in the world is very large. On average, more than 50% of women in every country experience menstrual pain. In America the prevalence is 60% and Sweden is around 72%. Meanwhile in Indonesia it is estimated that 55% of women of reproductive age experience pain during menstruation (Inge S, 2013). Another study showed that at a special sports school (Ragunan State High School, Jakarta) there were 32 female athletes who had dysmenorrhea and 32 female athletes who did not experience dysmenorrhea (Wahyuni et al., 2021).

Dysmenorrhea is a secondary menstrual disorder that is most often complained of by pain before, during or after menstruation. This pain arises due to the presence of prostaglandin hormones which make the uterine muscles (womb) contract (Kurniawati & Kusumawati, 2011). If the pain is still mild and you can do activities, it means it's still normal. However, if the pain that occurs is so severe that it interferes with activities or is unable to carry out activities, then it is included in the disorder.

Other research suggests that physiological responses to exercise before the menstrual cycle are very different in women with disabilities. Other evidence shows that most women can practice and compete normally during menstruation, but some women experience fluid retention and abdominal cramps before menstruation and during menstruation (Pardela, 2019). Women who experience dysmenorrhea most often occur in those aged 14-19 years, almost all women experience pain which usually occurs on the day before or on the first day until the second day (Khairunnisa & Maulina, 2016). The duration of menstruation is usually between 3-5 days, some are 1-2 days followed by blood a little later, and some are up to 7-8 days (Yunarsih & Antono, 2017).

Research conducted by Lestari (2013) states that around 70-90% of cases of menstrual pain occur during adolescence and can have an impact on emotional conflict, tension and anxiety. From emotional conflict, tension and anxiety can affect skills and skills. Aptitudes and skills that are clearly defined as broad include personal skills emphasizing self-awareness and racial skills as well as skills that are social, academic, or vocational in nature. As a result of dysmenorrhea, learning activities in class become more disrupted, concentration becomes more difficult, or even becomes impossible, so that the material given during classes cannot be understood by people who experience dysmenorrhea. Jacob stated that the level of menstrual pain is divided into three,

namely mild, moderate, and severe. Pain that is felt during menstruation can cause psychological symptoms such as irritability, fatigue, tension and so on.

Psychological symptoms during menstrual pain as above are caused by certain circumstances, which tend to affect emotions. According to Goleman (in Ali & Asrori, 2011), emotions are feelings, passions, thoughts, mental states that can carry out any activity. Furthermore, Goleman states that emotion and psychology are the key factors to be able to act. Humans must be able to manage their emotions to live everyday life. This allows humans to be able to control their emotions to interact positively with their surroundings. Garrison explains that a person's lack of emotional stability in their current life is not due to a lack of emotional expression within them, but rather their tendency to understand and manage their emotions. The current process of emotion regulation is also referred to as emotion regulation.

Emotions or feelings of athletes also affect the increase or decrease in athlete performance. Athletes with unstable emotional state during the game will affect their performance which is also unstable. Many factors influence the performance of athletes, one of which has an important role is skill. The skills that athletes acquire to play well are of course the result of practice (Permadi, 2016). This study used 50 female athletes as the research sample. The researcher uses this school because the school above is a school that has high achievements in the field of basketball.

METHODS

This study uses a correlational method, linking training pain with athlete regulation. The sample technique used was purposive sampling by taking 5 schools, each school representing 10 female athletes from each team. So that the number of samples involved in this study were 50 people. The independent variable in this study is menstrual pain. The dependent variable is emotion regulation.

Instrument testing using SPSS for Windows version 25.0. Based on the results of testing the validity of the menstrual pain scale instrument and emotion regulation, it was declared valid with a coefficient value of 0.422. While the reliability test with alpha obtained the reliability coefficient of the menstrual pain scale of $r = 0.881$ and the emotional regulation scale during menstruation of $r = 0.882$ so that the two instruments were declared to have a high level of reliability. Data analysis technique using SPSS For Windows version 25.0. The data analysis method used in this study is the product moment analysis technique.

RESULTS

The normality test in table 1 uses the Kolmogorov-Smirnov test. This test is carried out by comparing the cumulative distribution of the empirical data distribution with the expected normal distribution (Widhiarso, 2012). Based on the results of the normality test in table 4.9 it is known that the Exact Sig. (2-tailed) for the variable x 0.645 and the y variable 0.834 has a result > 0.05 . So from these results it can be concluded that the data from this study are normally distributed.

Table 1. Normality Test Results

One-Sample Kolmogorov-Smirnov Test

		Nyeri Menstruasi	Regulasi Emosi
N		50	50
Normal Parameters ^{a,b}	Mean	53,84	59,14
	Std. Deviation	11,847	9,963
Most Extreme Differences	Absolute	,101	,085
	Positive	,081	,073
	Negative	-,101	-,085
Test Statistic		,101	,085
Asymp. Sig. (2-tailed)		,200 ^{c,d}	,200 ^{c,d}
Exact Sig. (2-tailed)		,645	,834
Point Probability		,000	,000

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. This is a lower bound of the true significance.

Based on the results of the linearity test, it can be seen that the significance value of the deviation from linearity is 0.739 or > 0.05 . So it can be concluded that between the independent variable (X) and the dependent variable (Y) there is a linear relationship.

Table 2. Linearity Test Results

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Regulasi Emosi * Nyeri Menstruasi	Between Groups	(Combined)	2904,870	29	100,168	1,023	,489
		Linearity	783,455	1	783,455	7,998	,010
		Deviation from Linearity	2121,415	28	75,765	,773	,739
	Within Groups		1959,150	20	97,958		
Total			4864,020	49			

Based on the results of the Sig. (2-tailed) from the output table above it is known that the value of Sig. (2-tailed) between Menstrual Pain (X) and Emotional Regulation (Y) is 0.004 < 0.05, which means that there is a significant correlation between menstrual pain and emotional regulation. Variable X with variable Y has a Pearson correlation value of 0.401, which means that it has a moderate degree of correlation and a positive (+) form of relationship. Relationship (+) = the lower the level of menstrual pain, the higher the athlete's level of emotional regulation. Relationship (-) = the higher the level of menstrual pain, the lower the athlete's level of emotional regulation.

Table 3. Correlation Test Results

		Nyeri Menstruasi	Regulasi Emosi
Nyeri Menstruasi	Pearson Correlation	1	,401**
	Sig. (2-tailed)		,004
	N	50	50
Regulasi Emosi	Pearson Correlation	,401**	1
	Sig. (2-tailed)	,004	
	N	50	50

** Correlation is significant at the 0.01 level (2-tailed).

DISCUSSION

From the results of research data obtained by researchers in line with research by Inge (2013) which states symptoms that arise during menstruation include behavior, very rapid mood changes, fatigue, weakness and from a physical perspective such as headaches, hip pain, pain joints, breast pain. From the discussion above it can be seen that female athletes feel menstrual pain so that it can affect the athlete's emotional regulation.

Athletes who have good self-regulation skills can regulate their emotional expression, in the context of arousing strong emotions, such as when a friend says something negative he is not easily provoked, can control himself when he is upset, sad or angry so that he remains calm even under pressure. pain that arises as a result of menstruation can be reduced. Athletes who can control themselves well from menstrual pain they feel can take positive actions, such as having high motivation to keep doing basketball exercises to relieve tension or menstrual cramps.

CONCLUSION

The conclusion of this article is that there is a positive relationship between menstrual pain and emotional regulation in female athletes. The lower the level of menstrual pain, the higher the level of athlete's emotional management. Vice versa, the higher the level of menstrual pain, the lower the athlete's emotional management level.

Conflict of Interests

The authors declare that they have no conflict of interest.

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