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HUBUNGAN STRESS DENGAN SIKLUS MENSTRUASI PADA RAMAJA PUTRI DI SMA BHINNEKA KARYA 2 BOYOLALI

ABSTRAK

Latar Belakang : Memasuki masa pubertas pada remaja putri menimbulkan perubahan psikologis yang mengakibatkan remaja putri cenderung mengalami stress. Stress yang timbul pada remaja putri dapat menyebabkan perubahan kadar hormone kewanitaan remaja putri sehingga sering terjadi gangguan pada siklus menstruasi.

Tujuan : Mengetahui terdapat hubungan stress dengan siklus menstruasi pada ramaja putri sekolah menengah keatas.

Metode : Penelitian ini menggunakan metode kuantitatif, desain penelitian yang digunakan adalah *deskriptif korelasional*, dengan pendekatan *cross sectional*. Populasi penelitian ini adalah semua ramaja putri di SMA Bhinneka Karya 2 Boyolali yang berjumlah 96 ramaja putri. Teknik pengambilan sampel menggunakan metode *total sampling* dengan jumlah sampel 96 responden. Alat ukur yang digunakan adalah kuesioner *Perceived Stress Scale* (PSS). Analisis data menggunakan uji *Chi Square*.

Hasil : Hasil analisa univariat variable stress dan siklus menstruasi memperoleh hasil bahwa 63.5% responden mengalami stress sedang dan 54.2% mengalami gangguan siklus menstruasi. Berdasarkan hasil analisis dengan uji *Chi Square* memperoleh nilai *p-value* sebesar $0.00 < 0.05 (\alpha)$.

Kesimpulan : Terdapat hubungan stress dengan siklus menstruasi pada ramaja putri di SMA Bhinneka Karya 2 boyolali.

Saran : Diharapkan peneliti selanjutnya dapat mengembangkan hasil penelitian ini dengan mempertimbangkan variabel yang dapat mempengaruhi siklus menstruasi selain tingkat stress. Sehingga, penelitian ini dapat memberikan pengaruh positif bagi responden khususnya remaja putri.

Kata Kunci : Remaja Putri, Stress, Siklus Menstruasi.

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**CORELATION BETWEEN STRESS AND MENSTRUAL CYCLE
IN FEMALE STUDENTS IN SENIOR HIGH SCHOOL
BHINNEKA KARYA 2 BOYOLALI**

ABSTRACT

Background: Entering puberty in adolescent girls causes psychological changes that result in adolescent girls tend to experience stress. Stress that arises in adolescent girls can cause changes in female hormone levels so that there are frequent disturbances in the menstrual cycle.

Objective: Knowing there is a relationship between stress and menstrual cycle in senior high school students.

Methods: This study uses quantitative methods, the research design used is descriptive correlational, with a cross sectional approach. The population of this study were all students in SMA Bhinneka Karya 2 Boyolali, totaling 96 students. The sampling technique used was the total sampling method with a sample size of 96 respondents. The measuring instrument used is the Perceived Stress Scale (PSS) questionnaire. Data analysis using Chi Square test.

Results: The results of univariate analysis of stress and menstrual cycle variables showed that 63.5% of respondents experienced moderate stress and 54.2% experienced menstrual cycle disorders. Based on the results of the analysis with the Chi Square test obtained a p-value of $0.00 < 0.05 (\alpha)$.

Conclusion: There is a relationship between stress and the menstrual cycle in female students in Bhinneka Karya 2 Boyolali High School.

Suggestion: It is hoped that further researchers can develop the results of this study by considering variables that can affect the menstrual cycle in addition to stress levels. Thus, this research can have a positive influence on respondents, especially young women

Keywords: Young Women, Stress, Menstrual Cycle.