

## INTISARI

### HUBUNGAN TINGKAT STRES DENGAN SIKLUSHAID PADA MAHASISWIASRAMA KALIMANTAN BARAT

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**Latar Belakang :** Stres adalah respon tubuh yang sifatnya non spesifik terhadap tuntutan beban yang merupakan respon fisiologis, psikologis dan perilaku dari manusia yang mencoba untuk mengadaptasi dan mengatur baik tekanan internal dan eksternal (*stressor*). Menstruasi merupakan proses biologis yang terkait dengan pencapaian kematangan seks, kesuburan, ketidakhamilan, normalitas, kesehatan tubuh, dan bahkan pembaharuan tubuh itu sendiri. Gangguan pada siklus menstruasi dipengaruhi oleh gangguan pada fungsi hormon, kelainan sistemik, stres, kelenjar gondok, dan hormon prolaktin yang berlebihan.

**Tujuan Penelitian :** Untuk mengetahui hubungan tingkat stres dengan siklus haid pada mahasiswa Asrama Kalimantan Barat.

**Metode Penelitian :** Penelitian ini merupakan jenis penelitian survey analitik dengan menggunakan metode *cross sectional*. Populasi dalam penelitian ini adalah semua warga asrama putri Kalimantan Barat yang berjumlah 25 orang. Uji statistik menggunakan analisa *chi-square*.

**Hasil :** diketahui bahwa mahasiswa dengan tingkat stres normal dan memiliki siklus haid teratur sebanyak 5 orang (20%), sedangkan mahasiswa dengan tingkat stres ringan sebanyak 17 orang (68%) yang terdiri dari 13 orang (52%) siklus haid tidak teratur dan 4 orang (16%) siklus haid teratur dan sebanyak 3 orang mahasiswa (12%) mengalami stres sedang dengan siklus haid tidak teratur. Dari hasil analisa *chi square* ( $\chi^2$ ) diperoleh *chi square* hitung sebesar 11,724 > *chi square* tabel (5,99) dengan signifikansi (*p value*) 0,003 < 0,05. Maka dapat disimpulkan bahwa ada hubungan antara tingkat stres dengan siklus haid pada mahasiswa Asrama Kalimantan Barat.

**Simpulan :** Ada hubungan antara tingkat Stres dengan siklus haid pada mahasiswa Asrama Kalimantan Barat.

Kata Kunci : Stres, Menstruasi, Siklus Haid

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## **ABSTRACT**

### **THE CORRELATION OF STRESS LEVELS WITH MENSTRUATIONCYCLE ON COED AT THE DORMS OF WEST KALIMANTAN**

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**Background :** *Stress was the body's responded that were non-specific with respect to the burden of which is the physiological response, psychological and behavior of human beings who were trying to adapted and managed both internal and external pressures (stressor). Menstruation was a biological process that associated with the attainment of maturity, fertility, not pregnant, normality, the health of the body, and even a renewal of the body itself. Disorders of the menstrual cycle was affected by disturbances in the function of hormones, systemic disorders, stress, thyroid glands, and the hormones prolactin overload.*

**Objective :** *To determined the correlation of stress levels with menstrual cycles onstudents of Dorms of West Kalimantan.*

**Method :** *This researchedrepresenting analytic survey research type was using cross sectional method. The populations in this study were all residents of West Kalimantan's women boarder that add up to 25 students. Statistical tests were using chi-square analysis.*

**Result :***Analysis results known that the students with normal stress levels and regular mesntruation cycles as much as 5 people (20%), while the students with mild stress levels as much as 17 people (68%) which was composed of 13 persons (52%) irregular menstrual cycles and 4 students (16%) regular menstrual cycle and as much as 3 person students (12%) experiencing moderate stress with irregular menstrual cycle. The results of chi square ( $\chi^2$ ) analysis was obtained chi square calculation of 11.724> chi square table (5.99) with significance (p value) 0.003<0.05. Then it could be inferred that there was a correlation between the levels of stress with menstrual cycle in Students Dorms of West Kalimantan.*

**Conclusion:** *There was a correlation between the levels of stress with menstrual cycle at students in Dorms of West Kalimantan.*

**Keywords :** *Stress, Menstruation, Menstrual Cycle*

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