

INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
FAKULTAS KESEHATAN
PROGRAM STUDI ILMU KEPERAWATAN

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**HUBUNGAN STRES AKADEMIK DENGAN KETERATURAN SIKLUS
MENSTRUASI PADA MAHASISWI FAKULTAS KESEHATAN PRODI STRATA
(S1) KEPERAWATAN DI INSTITUT MAHARDIKA CIREBON**

Xvii + 57 halaman + 5 tabel + 2 bagan + 1 gambar + 13 lampiran

ABSTRAK

Stres akademik merupakan masalah kesehatan yang umum di kalangan mahasiswa, dengan tekanan dari tenggat waktu mengerjakan tugas, ujian, jumlah tugas, dan harapan akademik yang tinggi dapat menyebabkan dampak negatif pada kesejahteraan fisik dan mental pada mahasiswa. Stres dapat memengaruhi sistem hormonal dalam tubuh, termasuk hormon-hormon yang mengatur siklus menstruasi seperti estrogen dan progesteron.

Penelitian ini menggunakan metode kuantitatif dengan menggunakan desain korelasional dengan pendekatan cross sectional. Populasinya adalah mahasiswi regular pagi prodi S1 Keperawatan di Institut Mahardika yang berjumlah 313 mahasiswi dan pengambilan sampel menggunakan *stratified random sampling* diperoleh sebanyak 76 responden. Instrumen yang digunakan adalah kuesioner dan analisis data menggunakan uji statistik chi square dengan nilai signifikansi α 0,05.

Hasil analisis univariat stress akademik dengan kategori 57responden dengan persentase (75%) mengalami stres akademik, yang tidak mengalami stres akademik berjumlah 19 responden dengan persentase (25%). Dan keteraturan siklus menstruasi didapatkan sebanyak 39 responden dengan persentase (51,3%) mengalami ketidakteraturan menstruasi, sedangkan mahasiswi yang menstruasinya teratur berjumlah 37 responden dengan persentase (48,7%). Hasil analisis bivariat menunjukkan nilai p value = 0,000 < α = 0,05. Maka H0 gagal diterima dan Ha diterima sehingga dapat disimpulkan bahwa ada hubungan antara Stres Akademik Dengan Keteraturan Siklus Menstruasi Pada Mahasiswi Fakultas Kesehatan Prodi Strata Satu (S1) Keperawatan Di Institut Mahardika Cirebon.

Kata Kunci : Stres Akademik, Siklus Menstruasi, Mahasiswi

Daftar Pustaka : 54 (2013-2023)

MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
HEALTH FACULTY
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**THE RELATIONSHIP OF ACADEMIC STRESS AND THE RUGULARITY OF
THE MENSTRUAL CYCLE IN FAMALE STUDENTS OF THE HEALTH
FACULTY OF THE UNDERGRADUATE NURSING PROGRAM AT
MAHARDIKA CIREBON INSTITUTE**

vi + 57 pages + 5 tabels + 2 chart + 1 picture + 13 attachments

ABSTRACT

Academic stress is a common health problem among university students, with the pressure of assignment deadlines, exams, the number of assignments, and high academic expectations can cause a negative impact on physical and mental well-being in university students. Stress can affect the hormonal system in the body, including hormones that regulate the menstrual cycle such as estrogen and progesterone.

This study used quantitative methods using a correlational design with a cross sectional approach. The population was regular morning students of S1 Nursing study program at Mahardika Institute which amounted to 313 students and sampling using stratified random sampling obtained as many as 76 respondents. The instrument used was a questionnaire and data analysis using chi square statistical test with a significance value of α 0.05.

The results of univariate analysis of academic stress with a category of 57 respondents with a percentage (75%) experiencing academic stress, who did not experience academic stress amounted to 19 respondents with a percentage (25%). And the regularity of the menstrual cycle was obtained as many as 39 respondents with a percentage (51,3%) experiencing menstrual irregularities, while female students whose menstruation was regular amounted to 37 respondents with a percentage (48,7%). The results of bivariate analysis showed a p value = $0.000 < \alpha = 0.05$. Then H_0 fails to be accepted and H_a is accepted so it can be concluded that there is a relationship between Academic Stress and Menstrual Cycle Regularity in Nursing Students of the Faculty of Health Prodi Strata One (S1) at Mahardika Institute Cirebon.

Keyword : Academic Stress, Menstrual Cycle, College Women Student

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