

**FAKULTAS ILMU KESEHATAN
PROGRAM STUDI S1 ILMU KEPERAWATAN
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA**

Skripsi, Agustus 2023
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**TINGKAT STRESS DENGAN KEJADIAN SINDROM PRA MENSTRUASI
PADA MAHASISWI DI UNIVERSITAS MUHAMMADIYAH
TASIKMALAYA**

ABSTRAK

xiii bagian awal + 62 Halaman+ 5 Tabel + 1 Bagan + 10 Lampiran

Sindrom pra menstruasi (PMS) sering dialami oleh wanita yang akan mengalami menstruasi. Tetapi gejala atau keparahan PMS setiap wanita berbeda-beda. Banyak faktor yang menyebabkan PMS diantaranya faktor stress, kurang aktivitas fisik dan status gizi. Bila tidak ditangani dengan baik dapat mempengaruhi aktivitas sehari-hari, seperti menurunnya konsentrasi belajar. Tujuan penelitian untuk mengetahui tingkat stress dengan kejadian sindrom pra menstruasi pada mahasiswa di Universitas Muhammadiyah Tasikmalaya. Penelitian menggunakan metode deskriptif korelasional dengan pendekatan *cross sectional*. Populasi seluruh mahasiswa S1 Ilmu Keperawatan Fakultas Ilmu Kesehatan di Universitas Muhammadiyah Tasikmalaya dengan teknik *proportionate stratified random sampling* didapatkan jumlah sampel sebanyak 76 orang. Data di analisis menggunakan distribusi frekuensi dan uji *chi square*. Dari 76 responden, sebanyak 13 responden (17,1%) mengalami stress ringan, 44 responden (57,9%) mengalami stress sedang, dan 19 responden (25%) mengalami stress berat. Sedangkan responden yang mengalami PMS sebanyak 55 responden (72,4%) dan tidak mengalami PMS sebanyak 21 responden (27,6%). Hasil uji statistik diperoleh nilai *p value* $0,001 < \alpha = 0,05$. Kesimpulan dari penelitian ini ada hubungan tingkat stress dengan kejadian sindrom pra menstruasi pada mahasiswa di Universitas Muhammadiyah Tasikmalaya. Disarankan bagi mahasiswa dapat manajemen stress dengan cara mengatur diet dan nutrisi, olahraga, istirahat dan tidur sehingga dapat mencegah memperberat terjadinya PMS.

Kata kunci : mahasiswa, sindrom pra menstruasi, tingkat stress

Daftar Pustaka : 33 (2009-2021)

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**STRESS LEVELS WITH PREMENSTRUAL SYNDROME INCIDENCE IN
STUDENTS AT MUHAMMADIYAH UNIVERSITY TASIKMALAYA**

ABSTRACT

xiii beginning + 62 pages + 5 tables + 1 chart + 9 attachment

Premenstrual syndrome (PMS) is a common condition experienced by women who are about to start their period. But the symptoms or severity of PMS are different for each woman. There are many factors that can cause PMS, such as stress, lack of physical activity, and nutritional status. It can affect daily activities, such as difficulty concentrating when studying, if not managed properly. The purpose of the study was to determine the correlation between the level of stress and the incidence of premenstrual syndrome among female students at the Muhammadiyah University of Tasikmalaya. This research uses a correlational descriptive method with a cross-sectional approach. The population of all undergraduate students in the Faculty of Nursing, Faculty of Health Sciences at the Muhammadiyah University of Tasikmalaya, using a proportionate stratified random sampling technique, obtained a total sample of 76 people. The data were analyzed by using the frequency distribution and the Chi-square test. Of the 76 respondents, 13 respondents (17.1%) experienced mild stress, 44 respondents (57.9%) experienced moderate stress, and 19 respondents (25%) experienced severe stress. Meanwhile, 55 respondents (72.4%) experienced PMS and 21 respondents (27.6%) did not experience PMS. The statistical test results gave a p-value of $0.001 < \alpha = 0.05$. The conclusion of this study is that there is a relationship between stress levels and the incidence of premenstrual syndrome among female students at Muhammadiyah University of Tasikmalaya. It is recommended that female students should manage stress through diet and nutrition, exercise, rest, and sleep in order to prevent aggravation of PMS.

Keywords : female students, premenstrual syndrome, stress level

Bibliography : 33 (2009-2021)