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***THE RELATIONSHIP OF STRESS AND MENSTRUAL CYCLE
REGULARITY AND DURATION AMONG ADOLESCENTS GIRLS***

(At the Darul Kholil Burneh Islamic Boarding School, Bangkalan)

ABSTRACT

Menstrual disorders in adolescent girls are one of the disorders that can be influenced by stress. There were 47% of adolescent girls at the Darul Kholil Burneh Bangkalan Islamic Boarding School who experience menstrual disorders. Specifically, 51.1% experienced problems with the regularity of their menstrual cycle. This study aims to analyze the relationship between stress and menstrual cycle regularity and duration among adolescent girls at the Darul Kholil Burneh Bangkalan Islamic Boarding School.

This study used a correlational analytical design with a cross-sectional approach. The study population consisted of 53 female students, with a sample of 47 respondents selected using simple random sampling. Data were collected through questionnaires, including the Depression Anxiety Stress Scale (DASS) 42 questionnaire to measure stress levels, as well as questionnaires on menstrual cycle regularity and duration. Data analysis was performed univariately for frequency distribution and bivariately using the Sperman Rank test.

The results showed that most adolescent girls had high stress levels (36.2%), experienced oligomenorrhea menstrual cycles (51.1%), and had normal menstrual duration (68.1%). The results of the study on the variable of stress and menstrual cycle regularity obtained a p-value of $0.029 < \alpha 0.05$, indicating there was a relationship between stress and menstrual cycle regularity. However, the results of the study on the relationship between stress and menstrual duration obtained a p-value of $0.407 > \alpha 0.05$, indicating there was no significant relationship between stress and menstrual duration.

It is hoped that the results of this study can be a source of information for health workers on the effect of stress on cycle regularity and menstrual flow, and can be a reference for health workers in providing education on stress management to prevent menstrual disorders.

Keywords: Stress, Cycle Regularity, Menstrual Duration, Adolescent Girls