

HUBUNGAN ANTARA TINGKAT STRES DENGAN SIKLUS MENSTRUASI
SELAMA PANDEMI COVID-19 PADA MAHASISWI ALIH JENJANG
SARJANA TERAPAN KEBIDANAN POLTEKKES KEMENKES
YOGYAKARTA

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ABSTRAK

Latar Belakang: Wanita tidak selalu mengalami siklus menstruasi yang normal setiap bulan, ada yang memanjang lebih dari 35 hari atau memendek kurang dari 21 hari. Stres akademik salah satu penyebab siklus menstruasi tidak normal dialami oleh mahasiswa tingkat akhir.

Tujuan: Mengetahui hubungan antara tingkat stres dan dukungan keluarga dengan siklus menstruasi selama pandemi COVID-19 pada mahasiswa alih jenjang Sarjana Terapan Kebidanan Poltekkes Kemenkes Yogyakarta.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan rancangan cross sectional. Penelitian ini dilaksanakan pada Bulan Juni 2021. Populasi studi penelitian ini adalah mahasiswa Alih Jenjang Sarjana Terapan Kebidanan Poltekkes Kemenkes Yogyakarta. Sampel dengan jumlah 62 mahasiswa Alih Jenjang Sarjana Terapan Kebidanan. Instrumen penelitian menggunakan kuesioner didasarkan atas variabel penelitian tingkat stres, siklus menstruasi dan dukungan keluarga. Analisis data menggunakan uji korelasi spearman rho.

Hasil: Hasil penelitian menunjukkan bahwa hampir sebagian dari responden mengalami tingkat stres ringan (38,7%), dan sebagian besar memiliki siklus menstruasi tidak normal (53,2%), serta sebagian besar mendapatkan dukungan keluarga (51,5%). Hasil uji statistik spearman rho menunjukkan p-value =0,023 (<0,05) dengan nilai koefisiensi korelasi (r) sebesar -0,289 ($0,20 < r < 0,40$), p-value =0,127, dan p-value =0,342 (>0,05).

Kesimpulan: Ada hubungan antara tingkat stres dengan siklus menstruasi selama pandemi Covid-19 pada mahasiswa Alih Jenjang Sarjana Terapan Kebidanan Poltekkes Kemenkes Yogyakarta, tidak ada hubungan antara dukungan keluarga dan umur dengan siklus menstruasi

Kata Kunci: Tingkat Stres, Siklus Menstruasi, Dukungan Keluarga

THE RELATIONSHIP BETWEEN STRESS LEVEL AND THE MENSTRUAL
CYCLE DURING THE COVID-19 PANDEMIC IN TRANSFER STUDENTS
AT GRADUATE STUDENTS OF APPLIED MIDWIFE, POLTEKKES
KEMENKES YOGYAKARTA

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ABSTRACT

Background: Menstrual cycles are not always normal, who have menstruation every month. Menstrual cycles are usually experienced by women, namely long cycles or more than 35 days, short cycles of less than 21 days. The menstrual cycle occurs due to several factors, one of which is stress.

Objective: To find out the relationship between stress levels and family support with the menstrual cycle during the COVID-19 pandemic in female students transferring to the Bachelor of Applied Midwifery at Poltekkes Kemenkes Yogyakarta.

Methods: This research is a quantitative study with a design cross sectional. This research was carried out in June 2021. The population of this research study was a graduate student in Applied Midwifery, Poltekkes, Ministry of Health, Yogyakarta. The sample is 62 female students. Data analysis using correlation test Spearman Rho.

Results: The results showed that almost half of those who experienced mild stress levels were 24 female students (38.7%), and most of those who had abnormal menstrual cycles were 33 female students (53.2%), and most of those who received family support were as many as 32 female students (51.5%). The results of the statistical test spearman rho showed that there was a significant relationship between stress levels and the cycle menstrual (p-value 0.023), and there was no significant relationship between family support and the menstrual cycle (p-value 0.127).

Conclusion: There was a relationship between stress levels and menstrual cycles during the Covid-19 pandemic in students of Applied Undergraduate Midwifery at Poltekkes Yogyakarta Ministry of Health, there was no relationship between family support and age with the menstrual cycle.

Keywords: Stress Level, Menstrual Cycle, Family Support