

ABSTRAK

Latar Belakang : Dismenore merupakan masalah kesehatan yang menjadi tantangan global. Rata-rata lebih dari 50% perempuan di setiap negara mengalami dismenore. Prevalensi dismenore pada remaja putri di Indonesia tinggi. Prevalensi dismenore di Jawa Barat 98,8%, di Surakarta dilaporkan prevalensi dismenore sebesar 89,8%, di Jakarta 87,5% dan 74,4% di Denpasar

Tujuan : Untuk melihat hubungan antara stres dan dismenore.

Metode : Penelitian analitik dengan pendekatan *Cross Sectional*. Instrumen kuesioner *Perceived Stress Scale -10*. Sampel sebanyak 86 orang, data dianalisis dengan uji *Chi-Square*.

Hasil : Stres sedang 41 orang (47,7%), stres rendah sebanyak 22 orang (25,6%), stres berat 18 orang (20,9%) dan stres sangat berat 5 orang (5,8%).

Seluruh sampel mengalami dismenore (100%). Nyeri sedang 43 orang (50,0 %), nyeri ringan sebanyak 34 orang (39,5%) dan nyeri berat 9 orang (10,5%).

Terdapat hubungan antara stres dengan dismenore pada mahasiswi Fakultas Kedokteran Universitas Islam Sumatera Utara dengan nilai $p = 0,002$ ($p < 0,05$).

Kata Kunci : Stres, Dismenore, Mahasiswi.

ABSTRACT

Background : *Dysmenorrhea is a health problem that is a global challenge. On average, more than 50% of women in every country experience dysmenorrhea. The prevalence of dysmenorrhea in adolescent girls in Indonesia is high. The prevalence of dysmenorrhea in West Java is 98.8%, in Surakarta it is reported that the prevalence of dysmenorrhea is 89.8%, in Jakarta 87.5% and 74.4% in Denpasar.*

Objective : *To see the relationship between stress and dysmenorrhea.*

Method : *Analytical research with Cross Sectional approach. Questionnaire instrument Perceived Stress Scale -10 . A sample of 86 people, the data were analyzed by Chi-Square test.*

Results : *41 people with moderate stress (47,7%), 22 people with low stress (25,6%), 18 people with severe stress (20.9%) and 5 people with very heavy stress (5.8%).*

All samples experienced dysmenorrhea (100%). 43 people (50.0 %), mild pain 34 people (39.5%) and severe pain 9 people (10.5%).

There is a relationship between stress and dysmenorrhea in students of the Faculty of Medicine, Islamic University of North Sumatra with a value of $p = 0.002$ ($p < 0.05$).

Keywords : *Stress, Dysmenorrhea, Student.*