

ABSTRAK

Nama : Safikoh
Program Studi : Kedokteran Umum
Judul Skripsi : Hubungan Tingkat Stres dengan Dismenore pada Siswi Kelas X SMA Negeri 7 Cirebon dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Dismenore merupakan nyeri perut bagian bawah yang dirasakan pada saat menstruasi, nyeri dapat menjalar ke pinggang sampai paha. Prevalensi dismenore di Indonesia sebesar 64,25% yang terdiri dari 54,88% dismenore primer dan 9,36% dismenore sekunder. Terdapat berbagai faktor yang dapat memicu timbulnya dismenore salah satunya adalah stres. Stres terjadi apabila stressor yang diterima melebihi kemampuan seseorang dalam menghadapi stressor tersebut.

Tujuan Penelitian: Menganalisis hubungan antara tingkat stres dengan dismenore pada siswi kelas X SMA Negeri 7 Cirebon.

Metode: Jenis penelitian yang digunakan adalah survey analitik dengan rancangan penelitian *cross-sectional*. Penelitian ini dilakukan pada siswi kelas X SMA Negeri 7 Cirebon. Sampel dalam penelitian ini sebanyak 200 responden yang ditetapkan berdasarkan teknik sampling jenuh. Pengambilan data dilakukan pada bulan Mei-Juni 2021.

Hasil: Hasil penelitian dari 200 responden (100%) didapatkan responden yang tidak mengalami stres mengalami dismenore dengan intensitas nyeri ringan (48,4%), nyeri sedang (33,6%), nyeri berat (7%), dan tidak mengalami dismenore (10,9%). Responden yang mengalami stres ringan mengalami dismenore dengan intensitas nyeri ringan (50%), nyeri sedang (38,5%), dan nyeri berat (11,5%). Responden yang mengalami stres sedang mengalami dismenore dengan intensitas nyeri sedang (65,2%), nyeri ringan (21,7%), nyeri berat (4,3%), dan tidak mengalami dismenore (8,7%). Responden yang mengalami stres mengalami dismenore dengan intensitas nyeri ringan (77,8%), nyeri sedang (16,7%), dan tidak mengalami dismenore (5,6%). Responden yang mengalami stres sangat berat mengalami dismenore dengan intensitas nyeri ringan (40%), dan nyeri berat (60%). Uji *Chi Square* didapatkan hasil yang signifikan antara tingkat stres dengan dismenore pada siswi kelas X SMA Negeri 7 Cirebon (*p-value* 0,000) dengan taraf signifikansi 5%.

Kesimpulan: Terdapat hubungan antara tingkat stres dengan dismenore pada siswi kelas X SMA Negeri 7 Cirebon.

Kata Kunci: Tingkat Stres, Dismenore, SMA Negeri 7 Cirebon.

ABSTRACT

Name : Safikoh
Study Program : Medicine
Title : The Correlation between Stress Levels and Dysmenorrhea Experienced by Female Students Ten Grade Of SMA Negeri 7 Cirebon and The Review Of Islamic Persepctive

Background: Dysmenorrhea is lower abdominal pain that is felt during menstruation, the pain can radiate from the waist to the thighs. The prevalence of dysmenorrhea in Indonesia is 64.25% consisting of 54.88% primary dysmenorrhea and 9.36% secondary dysmenorrhea. There are various factors that can trigger the onset of dysmenorrhea, one of which is stress. Stress occurs when the stressor received exceeds one's ability to deal with the stressor.

Objectives: The Correlation between Stress Levels and Dysmenorrhea Experienced by Female Students Ten Grade Of SMA Negeri 7 Cirebon and The Review Of Islamic Persepctive.

Method: The research used an analytic survey with a cross-sectional research design. This research was conducted on the female students of class X SMA Negeri 7 Cirebon. There are 200 respondents in this study who were determined based on the saturated sampling technique. Data collection was conducted in May-June 2021.

Result: The results of this study are of the 200 respondents (100%), (48.4%) respondents who did not experience stress, did not experience dysmenorrhea with mild pain intensity, (33.6%) experienced moderate pain, (7%) experience severe pain, and (10.9%) did not experience dysmenorrhea. (50%) respondents who experienced mild stress, experience dysmenorrhea with mild pain intensity, (38.5%) experience moderate pain, and (11.5%) experience severe pain. (65.2%) respondents who experience moderate stress, experience dysmenorrhea with moderate pain intensity, (21.7%) experience mild pain, (4.3%) experience severe pain, and (8,7%) did not experience dysmenorrhea. Respondents who experienced stress experienced dysmenorrhea with mild pain intensity (77.8%), moderate pain (16.7%), and did not experience is dysmenorrhea (5.6%). Respondents who experienced very severe stress experienced dysmenorrhea with mild pain intensity (40%) and severe pain (60%). The Chi Square test obtained significant results between stress levels and the incidence of dysmenorrhea in class X SMA Negeri 7 Cirebon (p-value 0.000) with a significance level of 5%.

Conlusion: The Correlation between Stress Levels and Dysmenorrhea Experienced by Female Students Ten Grade Of SMA Negeri 7 Cirebon and The Review Of Islamic Persepctive.

Keywords: Stress Levels, Dysmenorrhe, SMA Negeri 7 Cirebon.