

HUBUNGAN TINGKAT STRESS, ASUPAN GIZI, DAN KUALITAS TIDUR TERHADAP SIKLUS MENSTRUASI PADA REMAJA PUTRI DI SMA NEGERI 1 KEDUNGREJA KABUPATEN CILACAP JAWA TENGAH

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ABSTRAK

Latar belakang : Menstruasi merupakan salah satu aspek kematangan seksual yang pertama kali terjadi pada masa pubertas seorang wanita (Tombokan, 2017). Siklus menstruasi terjadi selama 28 hari.

Metode : Jenis penelitian ini adalah penelitian observasional dengan pendekatan *CrossSectional* dengan populasi sebanyak 365 responden dan sampel sebanyak 64 responden menggunakan Random Sampling. Variabel Independen Tingkat Stress, Asupan Gizi, dan Kualitas Tidur, Variabel Dependen siklus menstruasi pada remaja putri menggunakan Uji Statistik Chi Square.

Hasil : Berdasarkan tabel 4.2 di atas menunjukkan bahwa sebagian besar responden mengalami normal stress yaitu sebanyak 46 responden (71,9 %) Berdasarkan tabel 4.3 di atas menunjukkan bahwa sebagian besar responden memiliki status gizi dengan kategori normal yaitu sebanyak 40 responden (62,5%) Berdasarkan tabel 4.4 di atas menunjukkan bahwa hampir seluruh responden kualitas tidurnya kategori normal yaitu sebanyak 46 responden (89,1%)

Analisis : Berdasarkan hasil uji Chi Square pada hasil penelitian ini diketahui nilai Asymp.Sig (2-sided) bernilai $0,000 < 0,005$ maka di simpulkan bahwa Hipotesis di terima yang artinya terdapat hubungan tingkat stress terhadap siklus menstruasi pada remaja putri di SMA Negeri 1 Kedungreja. Berdasarkan hasil uji Chi Square pada pada hasil penelitian ini diketahui nilai Asymp.Sig (2-sided) bernilai $0,556 > 0,005$ maka di simpulkan bahwa Hipotesis di tolak yang artinya tidak terdapat hubungan status gizi terhadap siklus menstruasi pada remaja putri di SMA Negeri 1 Kedungreja. Berdasarkan hasil uji Chi Square pada pada hasil penelitian ini diketahui nilai Asymp.Sig (2-sided) bernilai $0,006 > 0,005$ maka di simpulkan bahwa Hipotesis di tolak yang artinya tidak terdapat hubungan kualitas tidur terhadap siklus menstruasi pada remaja putri di SMA Negeri 1 Kedungreja

Kesimpulan : maka dapat disimpulkan bahwa terdapat hubungan tingkat stress, asupan gizi, dan kualitas tidur terhadap siklus menstruasi pada remaja putri di SMA Negeri 1 Kedungreja Kabupaten Cilacap Jawa Tengah

Kata Kunci: Stres, Gizi, Kualitas Tidur, Siklus Menstruasi

**THE RELATIONSHIP BETWEEN STRESS LEVEL, NUTRITIONAL
INTAKE, AND SLEEP QUALITY SLEEP TO THE MENSTRUAL
CYCLE IN ADOLESCENT GIRLS AT SENIOR HIGH SCHOOL
1 KEDUNGREJA DISTRICT CILACAP, CENTRAL JAVA**

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ABSTRACT

Introduction: *Menstruation is one aspect of sexual maturity sexual maturity that first occurs during puberty of a woman (Tombokan, 2017). The menstrual cycle occurs for 28 days.*

Methods: *This type of research is observational research with a CrossSectional approach with population of 365 respondents and a sample of 64 respondents using random sampling. Sampling. Independent Variables Stress Level, Nutritional Intake, and Sleep Quality, Dependent Variable menstrual cycle in adolescent girls using Statistical Tests Chi Square Statistical Test.*

Results: *Based on the results of this study shows that most respondents experienced normal stress, namely 46 respondents (71.9%). stress, namely as many as 46 respondents (71.9%) Based on this reasearch shows that most respondents have nutritional status in the normal category, namely as many as 40 respondents (62.5%). Based on this reasearch shows that almost all respondents have normal sleep quality, namely as many as 40 respondents (62.5%). Based on this reasearch shows that almost all respondents have normal sleep quality category as many as 46 respondents (89.1%)*

Analysis: *Based on the Chi Square test results of this study above, it is known that the Asymp.Sig (2-sided) value is $0.000 < 0.005$, it is concluded that the hypothesis is accepted, which means that there is a relationship between stress levels and the menstrual cycle in adolescent girls at SMA Negeri 1 Kedungreja. Based on the Chi Square test results of this study, it is known that the Asymp.Sig (2-sided) value is $0.556 > 0.005$, it is concluded that the hypothesis is rejected, which means that there is no relationship between nutritional status and the menstrual cycle in adolescent girls at SMA Negeri 1 Kedungreja. Based on the Chi Square test results of this study, it is known that the Asymp.Sig (2-sided) value is $0.006 > 0.005$, it is concluded that the hypothesis is rejected, which means that there is no relationship between sleep quality and the menstrual cycle in adolescent girls at SMA Negeri 1 Kedungreja.*

Discuss: *it can be concluded that there is a relationship between stress levels, nutritional intake, and sleep quality on the menstrual cycle in adolescent girls at SMA Negeri 1 Kedungreja, Cilacap Regency, Central Java.*

Keywords: *Stress, Nutrition, Sleep Quality, Menstrual Cycle*