

FACULTY OF MEDICINE AND HEALTH SCIENCES
MUHAMMADIYAH UNIVERSITY OF MAKASSAR

Skripsi, 11 February 2021

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“THE EFFECT OF PSYCHICAL STRESS TOWARDS MENSTRUAL DISORDERS IN FACULTY OF MEDICINE STUDENTS OF MUHAMMADIYAH UNIVERSITY OF MAKASSAR 2019”

ABSTRACT

Background: Menstruation is bleeding that comes out of the uterus periodically apart from the innermost lining of the uterus (endometrium), which begins after 14 days of ovulation or the production of ovum. Menstruation lasts for approximately 7 days, which are arranged in cycles that occur in a complex manner. This menstrual cycle is fully constructed by hormones produced by the body. Stress is the body's nonspecific response to load, which is a physiological, psychological and behavioral response from humans trying to adapt and build both internal and external stresses (stressors). Continued stress can lead to depression, which is a poor control system or ability to cope with stress in someone.

Objective: To find out whether there is an effect of psychological stress on menstrual disorders in 2019 class of 2019 students of the medical faculty of Muhammadiyah University of Makassar.

Methods: This type of research is an analytic observational study using a cross sectional approach. This research was conducted at the Faculty of Medicine and Health Sciences, Muhammadiyah University of Makassar.

Results: Based on the results of the stress level questionnaire given to the Students of the Faculty of Medicine, Muhammadiyah University of Makassar, Class of 2019 Most of the respondents, as many as 31 students, 51.7% of respondents experienced mild stress having menstrual disorders (menstrual cycle, usual length of menstruation and the number of pads used per day) which is not normal.

Conclusion: There is a strong relationship between Stress Level and Menstrual Disorders in 2019 batch of 2019 students of the Faculty of Medicine, Muhammadiyah University of Makassar.

Keywords: Menstruation, stressor, college students