

**FACULTY OF MEDICINE AND HEALTH SCIENCES**

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**“The Influence of Dysmenorrhea on the Stress Level of Students in the Medical Study Program Class of 2021 Muhammadiyah University of Makassar”**

**ABSTRACT**

**Background :** Pain during menstruation is called dysmenorrhea. Dysmenorrhea is described as a feeling of cramping that is concentrated in the supra-pubic area which is usually accompanied by lower back pain, headache, nausea, vomiting, or diarrhea. Dysmenorrhea has a relationship with psychological disorders such as depression, anxiety, and stress. Experiencing menstrual pain that recurs every month can increase the risk of experiencing depression, anxiety, or stress. Dysmenorrhea can become a stressor and exacerbate symptoms of stress, depression, or anxiety.

**Objective :** Knowing the effect of dysmenorrhea on stress levels in Medical Study Program Students Batch 2021, University of Muhammadiyah Makassar.

**Method :** This research is an analytic observational with a cross-sectional approach, namely the independent variables and the dependent variable are assessed simultaneously at one point using a questionnaire. Data were processed and analyzed using the chi-square test.

**Results :** The chi-square test shows a value of  $p = 0.000031$  ( $< p = 0.05$ ) then  $H_A$  is accepted, meaning that there is a relationship between dysmenorrhea and stress levels in female students of the Medical Study Program, Faculty of Medicine, University of Muhammadiyah Makassar, Class of 2021

**Conclusion :** There is an effect of dysmenorrhea on stress levels in female students of the Medical Study Program, Faculty of Medicine, University of Muhammadiyah Makassar, class of 2021.

**Keywords :** Dysmenorrhea, stress, medical students