

## ABSTRAK

Judul : HUBUNGAN TINGKAT STRESS DENGAN INTENSITAS DISMENORE PADA MAHASISWI PROGRAM STUDI AKUNTANSI UNIVERSITAS PRIMA INDONESIA

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Dismenore adalah salah satu keluhan ginekologis yang umum terjadi pada wanita usia subur dan sering mengganggu aktivitas sehari-hari. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat stress dengan derajat nyeri haid pada mahasiswa Program Studi Akuntansi Universitas Prima Indonesia. Penelitian dilakukan menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Data dikumpulkan melalui **Perceived Stress Scale (PSS-10)** untuk menilai tingkat stress dan **Visual Analogue Scale (VAS)** untuk menilai tingkat nyeri haid. Total sebanyak 68 responden berpartisipasi dalam penelitian ini. Hasil uji validitas menunjukkan sembilan butir pertanyaan dalam PSS-10 dinyatakan valid, sementara uji reliabilitas menghasilkan nilai **Cronbach Alpha 0,816**, yang menandakan tingkat konsistensi yang tinggi. Analisis korelasi Spearman memperoleh nilai **-0,423 (p<0,05)**, yang mengindikasikan adanya hubungan signifikan antara tingkat stress dan intensitas dismenore. Artinya, semakin tinggi stress yang dialami mahasiswa, semakin berat nyeri haid yang dirasakan. Temuan ini menegaskan pentingnya pengelolaan stress mahasiswa

guna menekan tingkat dismenore serta mendukung kesejahteraan dan produktivitas akademik mereka.

**Kata kunci:** dismenore, stress, mahasiswi, Perceived Stress Scale, Visual Analogue Scale.

## ***ABSTRACT***

*Title* : *THE RELATIONSHIP BETWEEN STRESS LEVELS AND THE INTENSITY OF DYSMENORRHEA AMONG STUDENTS OF THE ACCOUNTING STUDY PROGRAM AT UNIVERSITAS PRIMA INDONESIA*

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*Dysmenorrhea is a prevalent gynecological condition affecting women of reproductive age and can interfere with daily functioning. This research aimed to examine the correlation between stress levels and dysmenorrhea severity among female students in the Accounting Study Program at Universitas Prima Indonesia. The study utilized a quantitative approach with a cross sectional design. Data were gathered through the **Perceived Stress Scale (PSS-10)** to evaluate stress levels and the **Visual Analogue Scale (VAS)** to measure the degree of menstrual pain. A total of 68 respondents were involved in this study. The validity test confirmed that nine items in the PSS-10 were valid, while the reliability test yielded a **Cronbach Alpha** value of 0.816, indicating high internal consistency. Results from the Spearman correlation test showed a coefficient of -0.423 ( $P < 0.05$ ), revealing a significant positive correlation upon stress levels and dysmenorrhea intensity. These results showed that higher stress is linked to more menstrual pain. The research emphasizes the importance of stress*

*control among female students to lower dysmenorrhea symptoms and enhance their well-being and academical productivity.*

**Keywords:** dysmenorrhea, stress, female students, *Perceived Stress Scale*, *Visual Analogue Scale*