

**RELATIONSHIP OF STRESS WITH MENSTRUAL CYCLE DISORDERS IN
ADOLESCENT GIRLS SMA UNGGULAN CT ARSA
FOUNDATION SUKOHARJO**

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ABSTRACT

Background : Adolescence is the transition from childhood to adulthood, marked by reproductive development and physical and mental changes. 45% of women worldwide have experienced menstrual disorders (WHO, 2020). **Purpose** : the purpose of this study was to determine whether there is a relationship of stress with cycle disorders in adolescent girls SMA Unggulan CT ARSA Foundation Sukoharjo. **Research Methods** : this research uses quantitative correlatio methode. The design of study using cross sectional. This research was conducted at SMA Unggulan CT ARSA Foundation Sukoharjo is August 13, 2025. the population in this study were all female students of class X,XI,XII totaling 285 with a sampel of 74 respondents, using a simple random sampling method. Measuring instrument with stress questionnaires and cycle disorder questionnaires, with processing editing, coding,scoring,tabulating, as for the analysis ofa using chi-square test $\alpha < 0,05$. **Result** : stress of SMA Unggulan CT ARSA Foundation Sukoharjo mostly experiencing stress moderate stress (55,4 %), some student experience menstrual cycle disorders are not normal as much (45,9%). Test Result statistic Uji chi -Square obtained value (P -Value) $\alpha < 0,001$ then calculated H1. **Conclusion** : there is relationship of stress with menstrual cycle disorders in adolescent girls SMA Unggulan CT ARSA Foundation Sukoharjo.

Keywords : Stress, Mesntrual cycle disorders, Adolescent