THE RELATIONSHIP BETWEEN STRESS LEVEL AND THE MENSTRUAL CYCLE IN GRADUATE NURSING STUDENTS OF 'AISYIYAH SURAKARTA UNIVERSITY

Muna Septianingrum
munasepti@gmail.com
University of 'Aisyiyah Surakarta

ABSTRACT

Background: *Final year students are students who are currently compiling a thesis. Students who are preparing their thesis have many stressors that cause stress. Stress that is not handled quickly will be one of the triggers for menstrual cycle disorders in women. According to Riskesdas, in 2018 the stress level of >15 years in Central Java increased from 4.7% in 2013 to 7.7%.* **Objective**: *to determine the relationship between stress levels and the menstrual cycle in nursing undergraduate students at 'Aisyiyah Surakarta University.* **Methods**: *This type of quantitative research is correlational with a cross sectional approach. Sampling using total sampling with a total sample of 97 respondents. Bivariate analysis using the Spearman rho test.* **Results**: *The majority of female students at the end of undergraduate nursing at 'Aisyiyah Surakarta University experienced moderate stress (36.1%) and normal menstrual cycles (58.8%). The results of the data analysis test showed a p value of 0.000 (<0.05) which means Ha was accepted.* **Conclusion**: *there is a relationship between stress levels and the menstrual cycle in undergraduate nursing students at 'Aisyiyah Surakarta University.*

Keywords: *nursing students, stress level, menstrual cycle*