

THE RELATIONSHIP OF STRESS WITH MENSTRUAL CYCLE DISORDERS

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ABSTRACT

Introduction: Stress is a body response that is not specific to the demands of the burden. During adolescence there are emotional changes that are not stable due to hormonal fluctuations during the menstrual cycle. Young women who experience irregular periods can be caused by changes in hormone levels due to stress or are in an emotional state. **Objective:** To determine the relationship between stress and menstrual cycle disorders in SMP Islam Amanah Ummah Mojolaban. **Method:** This research method is correlative analytic with cross sectional design. The subjects of the study were 48 high school students of grade 1,2 and 3 SMP Islam Amanah Ummah Mojolaban who met the inclusion and exclusion criteria. The sampling technique uses total sampling. **Results:** The majority of the sample's menstrual cycle disorders were abnormal (79.2%). The majority of sample stress is moderate stress (41.7%) The results of the study with the Chi Square statistical test obtained a value ($p = 0.000$) where the P value is smaller than significant (0.005) meaning that there is a significant relationship between stress and menstrual cycle disorders. **Conclusion:** There is a significant correlation between stress and menstrual cycle disorders at Amanah Ummah Mojolaban Islamic Middle School.

Keywords: Menstruation, Stress, Young Women, Correlation Regression

