



UNIVERSITAS PELITA HARAPAN

FAKULTAS KEDOKTERAN

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## ABSTRAK

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### **HUBUNGAN PREMENSTRUAL SYNDROME (PMS) DENGAN KUALITAS TIDUR MAHASISWI FAKULTAS KEDOKTERAN**

(xiv+73 halaman: 3 gambar, 3 bagan, 12 tabel, 5 lampiran)

**Latar belakang:** Kejadian *Premenstrual Syndrome (PMS)* pada mahasiswi bisa mencapai 37% dan studi terdahulu menunjukkan bahwa *Premenstrual Syndrome (PMS)* bisa menurunkan performa akademik hingga 32%. Hal ini mungkin disebabkan oleh gangguan kualitas tidur selama PMS.

**Tujuan:** Mengetahui ada tidaknya hubungan *Premenstrual Syndrome (PMS)* dengan kualitas tidur mahasiswi Fakultas Kedokteran.

**Metode penelitian:** Penelitian ini menggunakan metode *cross sectional* dan teknik *purposive sampling* pada 40 responden mahasiswi Fakultas Kedokteran Universitas Pelita Harapan yang memenuhi kriteria penelitian. Pengambilan data akan dilakukan Januari - Februari 2020. Data diolah dengan Microsoft Excel 2013 dan program IBM SPSS Statistics versi 25.0 menggunakan *Chi Square*.

**Hasil penelitian:** Responden penelitian yaitu 40 sampel yang mengalami *Premenstrual Syndrome (PMS)* dan dalam periode menstruasi. Hasil penelitian menunjukkan terdapat hubungan antara *Premenstrual Syndrome (PMS)* dan kualitas tidur secara signifikan dengan nilai *p-value* sebesar 0,028, OR sebesar 5,486 dan 95% CI yang berkisar antara 1.394 – 21,591.

**Kesimpulan:** Terdapat hubungan yang bermakna antara *Premenstrual Syndrome (PMS)* dengan kualitas tidur mahasiswi fakultas kedokteran.

**Kata kunci:** PMS (*Premenstrual Syndrome*), kualitas tidur, mahasiswi kedokteran

Referensi: 90 (1943-2018)



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## ABSTRACT

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### *The Relationship between Premenstrual Syndrome (PMS) and Sleep Quality in Student Faculty of Medicine*

(xiv+73 pages: 3 images, 3 diagrams, 12 tables, 5 attachments)

**Background:** *Premenstrual Syndrome (PMS) in female college students can reach 37%, another studies show that Premenstrual Syndrome (PMS) can decrease academic performance to 32%. This might be caused by disruption of sleep quality during PMS.*

**Objective:** *To know the relationship between Premenstrual Syndrome (PMS) and sleep quality in student Faculty of Medicine*

**Methods:** *This study uses a cross sectional method and purposive sampling technique on 40 female students of medical students of Faculty of Medicine Pelita Harapan University that fulfilled the study criteria. Data will be collected from January 2020 - February 2020. Data is processed with Microsoft Excel 2013 and IBM SPSS Statistics version 25.0 using Chi Square.*

**Result:** *The research respondents were 40 sample case group during Premenstrual Syndrome (PMS) and menstrual period. The results showed that there was a significant correlation between Premenstrual Syndrome (PMS) and sleep quality with p-value of 0.028, OR of 5.486 and 95% CI in the range of 1,394 - 21,591.*

**Conclusion:** *There was a significant relationship between Premenstrual Syndrome (PMS) and poor sleep quality in student Faculty of Medicine*

**Keywords:** *PMS (Premenstrual Syndrome); quality of sleep, medical students*

*References: 90 (1943-2018)*