

## ABSTRAK

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### HUBUNGAN ANTARA STRES DENGAN SIKLUS MENSTRUASI OLIGOMENOREA PADA MAHASISWI FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN SELAMA PANDEMI COVID-19

(xiv+ 52 halaman: 3 bagan; 8 tabel; 5 lampiran)

**Latar Belakang:** *World Health Organization* (WHO) telah menetapkan *Coronavirus Disease 19* (COVID-19) sebagai pandemi global yang menyebabkan tingkat stres tinggi sehingga terjadi perubahan pada siklus menstruasi. Respons stres yang dialami tubuh akan menghambat hormon *Gonadotropin-Releasing Hormone* yang menyebabkan gangguan siklus menstruasi termasuk oligomenorea. Telah dilaporkan pada masa sebelum pandemi bahwa terdapat hubungan antara tingkat stres dengan siklus menstruasi, namun belum banyak diteliti mengenai hubungan antara stres dengan siklus menstruasi oligomenorea selama pandemi COVID-19 pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan (FK UPH).

**Tujuan Penelitian:** Mengetahui hubungan antara stres dengan siklus menstruasi oligomenorea pada mahasiswa FK UPH selama pandemi COVID-19.

**Metode Penelitian:** Penelitian dilakukan secara daring dengan penyebaran *google forms* kepada mahasiswa FK UPH yang diambil secara acak sebanyak 80 orang dari masing-masing angkatan. Mahasiswa yang memenuhi kriteria inklusi IMT normal sebanyak 151 orang akan diberi kuesioner *Perceived Stress Scale-10* (PSS-10) untuk membagi tingkat stres menjadi 2 kelompok yaitu stres normal-ringan dan stres sedang-berat. Masing-masing kelompok stres tersebut diberi kuesioner siklus menstruasi. Data penelitian dianalisa menggunakan metode deskriptif analitik kategorik *Chi-Square* dengan derajat kepercayaan 95% ( $p < 0,05$ ).

**Hasil dan Pembahasan:** Sebanyak 151 mahasiswa yang memenuhi kriteria inklusi melalui pengisian kuesioner PSS-10 ditemukan 46 mahasiswa dengan stres normal-ringan dan 105 mahasiswa dengan stres sedang-berat. Dari masing-masing kelompok tersebut dibedakan jumlah mahasiswa dengan siklus menstruasi oligomenorea dan tidak oligomenorea. Metode analisa uji *Chi-Square* menunjukkan hubungan antara stres dengan siklus menstruasi oligomenorea yang bermakna dengan  $p \text{ value} = 0,017$  dan  $OR = 2,820$ . Hasil studi penelitian yang berbeda dengan penelitian sebelum pandemi COVID-19, diduga karena adanya perbedaan tingkat stres pada masa pandemi COVID-19.

**Kesimpulan:** Sesuai dengan hipotesa, terbukti bahwa selama masa pandemi COVID-19, terdapat hubungan yang bermakna antara stres dengan oligomenorea dengan kemungkinan terjadinya oligomenorea sebanyak 2,820 kali pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan.

**Kata Kunci:** Stres, Oligomenorea, Pandemi COVID-19

**Referensi:** 59 (1983-2021)

## **ABSTRACT**

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### **THE RELATIONSHIP BETWEEN STRESS AND OLIGOMENORRHEA MENSTRUAL CYCLE OF FACULTY OF MEDICINE PELITA HARAPAN UNIVERISTY FEMALE STUDENTS DURING PANDEMIC COVID-19**

(xiv+ 52 pages: 3 diagrams; 8 table; 5 attachments)

**Background:** World Health Organization (WHO) was declared Coronavirus Disease 19 (COVID-19) as a global pandemic, so then it caused the high stress which was changing menstrual cycles. Stress indirectly inhibits Gonadotropin-Releasing Hormones that cause menstrual cycle disorders, including oligomenorrhea. Although it was reported before pandemic that there was relationship between stress and the menstrual cycle, however, the relationship between stress and oligomenorrhea menstrual cycle in female students of faculty of medicine Pelita Harapan University during the COVID-19 pandemic has not yet been explored.

**Aim:** To explore the relationship between stress and oligomenorrhea menstrual cycle of faculty of medicine Pelita Harapan University female students during pandemic COVID-19

**Material and Method:** The research has been done online by distributing google forms to FK UPH female students, who were taken randomly as many as 80 people from each academic year. The 151 samples of female students chosen according to inclusion criteria with normal BMI. They will be given Perceived Stress Scale-10 (PSS-10) questionnaire to divided stress level into 2 groups, normal-mild stress and moderate-severe stress. Each stress group was given the menstrual cycle questionnaire. This study used a descriptive analytic categorical method using Chi-Square analysis with significance confidence 95% ( $p < 0,05$ ).

**Result:** Among 151 female students who qualify with inclusion criteria using PSS-10 questionnaire showed 46 samples with normal-mild stress and 105 samples with moderate-severe stress. From each group, the amount of female students will be distinguished with oligomenorrhea and not oligomenorrhea menstrual cycles. Analysed with Chi-Square method showed a significant relationship between stress and oligomenorrhea menstrual cycle with  $p$  value = 0,017 and OR = 2,820. The results showed differently from previous studies before COVID-19 pandemic allegedly because of the differences in stress levels during COVID-19 pandemic.

**Conclusion:** The results support the hypothesis that during COVID-19 pandemic show a significant relationship between stress and oligomenorrhea with the possibility of oligomenorrhea 2,820 times in female students of faculty of medicine Pelita Harapan University.

**Keywords:** Stress, Oligomenorrhea, COVID-19 Pandemic

**Reference:** 59 (1983-2021)