

# ABSTRAK

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## HUBUNGAN ANTARA TINGKAT KEJADIAN STRES KERJA DENGAN TINGKAT KEJADIAN DISMENOIRE PRIMER PADA WANITA USIA KERJA DI PEMERINTAH KOTA BALIKPAPAN.

(XCIV + 94 halaman : 18 tabel, 6 lampiran)

**Latar Belakang :** Dismenore merupakan masalah ginekologi yang paling sering ditemukan. Prevalensi dismenore di Indonesia 64,25% dan 55% wanita Indonesia yang mengalami dismenore di usia kerja terganggu aktivitas sehari-harinya. Dismenore primer dapat terjadi karena banyak hal, salah satunya adalah stres. Stres kerja dan dismenore primer akan menurunkan produktifitas karyawan wanita sehingga kualitas kerja karyawan wanita akan menurun.

**Tujuan Penelitian :** Mengetahui hubungan antara tingkat stres kerja dan tingkat dismenore primer pada wanita usia kerja di Pemerintah Kota Balikpapan

**Metode :** Penelitian ini menggunakan studi potong lintang (*cross-sectional*) dengan besar sampel 146 responden dengan teknik *purposive sampling*. Penelitian ini akan dilakukan dengan pengisian kuesioner.

**Hasil :** Berdasarkan hasil analisa pada penelitian ini, ditemukan sebanyak 146 subjek yang mengalami stres kerja dan dismenore primer. Kemudian, ditemukan pula prevalensi wanita usia kerja yang mengalami stres ringan sebanyak 37

(25,3%), stres sedang sebanyak 38 (26%) subjek, dan stres berat sebanyak 71 (48,6%). Kemudian sebanyak 47 (32,2%) subjek, dismenore sedang, sebanyak 54 (37%), dan dismenore berat sebanyak 45 (30,8%) subjek. Hasil analisa bivariat menggunakan uji *chi-square pearson* ditemukan nilai *p-value* sebesar  $<0,001$ , sehingga dapat disimpulkan bahwa terdapat hubungan yang signifikan bermakna antara tingkat stres kerja dengan tingkat dismenore primer.

**Kesimpulan :** Berdasarkan hasil analisa pada penelitian ini, dapat disimpulkan bahwa terdapat hubungan yang signifikan atau bermakna antara tingkat stres kerja dengan tingkat dismenore primer pada wanita usia kerja di pemerintah kota Balikpapan. Disimpulkan pula wanita usia kerja di pemerintah kota Balikpapan memiliki tingkat stres dan dismenore primer yang tinggi.

**Kata Kunci :** Stres kerja, dismenore primer, wanita usia kerja.

**Referensi :** 44

# ***ABSTRACT***

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***The Relationship Between the Level of Occupational Stress and the Level of Primary Dysmenorrhea in Working age Women in the City Government of Balikpapan.***

***(XCIV + 94 pages: 18 tables, 6 attachments)***

***Background:*** Dysmenorrhea is the most common gynaecological problem. The prevalence of dysmenorrhea in Indonesia is 64.25% and 55% of Indonesian women who experience dysmenorrhea at working age have their daily activities disrupted. Primary dysmenorrhea can occur due to many things, one of which is stress. The level of occupational stress and the incidence of dysmenorrhea will reduce the productivity of female employees so that the quality of female employees' work will decrease.

***Study Objectives:*** To determine the relationship between the level of occupational stress and the level of primary dysmenorrhea in working age women in the city government of Balikpapan.

***Method:*** This research used a cross-sectional study with a sample size of 146 respondents using a purposive sampling technique. This research will be carried out by filling out a questionnaire.

***Results:*** Based on the results of the analysis of 146 respondents, it was found that the prevalence of working age women who experienced mild stress was 37 (25.3%),

*moderate stress was 38 (26%) subjects, and severe stress was 71 (48.6%). Then there were 47 (32.2%) subjects, 54 (37%) had moderate dysmenorrhea and 45 (30.8%) subjects had severe dysmenorrhea. The results of bivariate analysis using the Pearson chi-square test found a p-value of  $<0.001$ , so it can be concluded that there is a significant relationship between the level of work stress and the level of primary dysmenorrhea.*

***Conclusion:*** *Based on the results of the analysis in this study, it can be concluded that there is a significant or meaningful relationship between the level of work stress and the level of primary dysmenorrhea in women on work exams in the Balikpapan city government. It was also concluded that working age women in the Balikpapan city government had high levels of stress and primary dysmenorrhea.*

***Keywords:*** *Work stress, primary dysmenorrhea, working age women.*

***Reference :*** *44*