

ABSTRACT

COMPARISON RELATIONSHIP OF STRESS WITH AN IRREGULAR MENSTRUATION CYCLE ON THE STUDENTS OF FACULTY OF MEDICINE YEAR 2009 AND YEAR 2010 LAMPUNG UNIVERSITY

By

R. DICKY WIRAWAN LISTIANDOKO

Stress is a set of physiological changes that occur due to the body exposed to hazard threats. When stress occurs, a set of physiological changes occurs, one through the HPA axis. This action begins with the perception of a threatening situation, quick action on the hypothalamus to produce the hormone cortisol and causing some hormonal imbalances including reproductive hormones and occurs a state of irregular menstrual cycles. In this period, the stress often experienced by each individual because of the inability to anticipate external threats. This research was conducted to determine the relationship of stress with an irregular menstrual cycle on the students of Faculty of Medicine, Unila year 2009 and year 2010.

The research was conducted using the analytical method with cross sectional design. The population in this study is the students of the Faculty of Medicine, year 2009 and year 2010, and the total sample used was 149 students. At the very least, 23 respondents were excluded and reduce the number of samples into 126 respondents, 61 respondents from year 2009 and 65 respondents from year 2010. The study was conducted in November to December 2012. Data obtained from questionnaires that've been distributed to respondents. The computer program SPSS 15.0 helps the processing of the data.

The results from year 2009 showed that 67,5% of respondents with stress, had irregular menstrual cycle. Other results from year 2010 showed that 61,8% with stress had irregular menstrual cycles. Based on the results of chi square test, we found a significant relationship with the irregularity of the menstrual cycles in which the p value is 0.027 (<0.05) from students year 2009 and from students year 2010 the p value is 0,034 ($<0,05$)

It is expected that the respondents who are in conditions of stress to perform stress coping, changing life style and repairing nutrition intake to recover the balance of the body to reduce the worst outcome.

Key Point : Stress, Irregular Menstrual Cycle