

HUBUNGAN STRES AKADEMIK DAN KUALITAS TIDUR TERHADAP DERAJAT SINDROM PRAMENSTRUASI PADA MAHASISWA S1 KEPERAWATAN UPN VETERAN JAKARTA SELAMA PEMBELAJARAN JARAK JAUH DI MASA PANDEMI COVID-19

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Abstrak

Sindrom pramenstruasi adalah gangguan menstruasi yang paling banyak dirasakan oleh wanita usia subur. Terdapat berbagai faktor yang dapat memperburuk derajat sindrom pramenstruasi, diantaranya adalah tingkat stres, kualitas tidur, status gizi, merokok dan alkohol. Berbagai keterbatasan selama proses pembelajaran jarak jauh di masa pandemi Covid-19 meningkatkan kondisi stres akademik dan kualitas tidur buruk pada mahasiswi. Penelitian ini bertujuan untuk mengetahui hubungan stres akademik dan kualitas tidur terhadap derajat sindrom pramenstruasi pada mahasiswi S1 Keperawatan UPN Veteran Jakarta selama pembelajaran jarak jauh di masa pandemi Covid-19. Penelitian ini menggunakan desain penelitian *Crosssectional* dengan jumlah sampel 160 responden melalui metode *Stratified Random Sampling*. Pengumpulan data dilakukan melalui *google form* dengan menggunakan kuesioner *Student-Life Stres Inventory (SLSI)*, *Pittsburgh Sleep Quality Index (PSQI)* dan *The Shortened Premenstrual Assessment Form (SPAF)* yang sudah dilakukan uji validitas dan reliabilitas. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara stres akademik (*p-value 0.000*) dan kualitas tidur (*p-value 0.000*) terhadap derajat sindrom pramenstruasi. Saran dari penelitian ini agar mahasiswi dapat mengelola kondisi stres akademik dan kualitas tidurnya dengan baik. Ketika dua kondisi tersebut dapat dikontrol dan dikelola dengan baik, diharapkan dapat menekan kejadian sindrom pramenstruasi.

Kata kunci: stres akademik, kualitas tidur, sindrom pramenstruasi (pms), pjj, covid-19

**THE RELATIONSHIP OF ACADEMIC STRESS AND SLEEP QUALITY
ON THE DEGREE OF PREMENSTRUAL SYNDROME IN
UNDERGRADUATE NURSING STUDENTS DURING UPN VETERAN
JAKARTA DURING DISTANCE LEARNING AT THE COVID-19
PANDEMIC**

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Abstract

Premenstrual syndrome is the most common disorder experienced by women of childbearing age. There are various factors that can worsen the degree of premenstrual syndrome, including stress levels, sleep quality, nutritional status, smoking and alcohol. Various limitations during the distance learning process in the period of the Covid-19 pandemic increased the academic stress and decreased the sleep quality of the students. This study aims to determine the relationship of academic stress and sleep quality to the degree of premenstrual syndrome in the Undergraduate Nursing students of UPN Veteran Jakarta during the distance learning process in the period of the Covid-19 pandemic. This study used Cross sectional research design with a sample number of 160 respondents through Stratified Random Sampling method. Data collection is done through google form's questionnaire using Student-Life Stress Inventory (SLSI), Pittsburgh Sleep Quality Index (PSQI) and The Shortened Premenstrual Assessment Form (SPAF) that have undergone the validity and reliability test. The result showed that there was a significant relationship between academic stress (p-value 0.000) and sleep quality (p-value 0.000) to the degree of premenstrual syndrome. Suggestions from this study are so that female students can manage academic stress conditions and sleep quality well. When these two conditions can be controlled and managed properly, it is expected to reduce the incidence of premenstrual syndrome.

Keywords: academic stress, sleep quality, premenstrual pyndrome (PMS), distance learning, covid-19