

HUBUNGAN TINGKAT STRES DAN AKTIVITAS FISIK DENGAN SKALA DISMENOEA PRIMER PADA SISWI SMA NEGERI 4 TANGERANG SELATAN DIMASA PANDEMI COVID-19

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Abstrak

Dismenorea atau sering dikatakan nyeri haid dapat juga dikatakan nyeri yang muncul saat menstruasi adalah salah satu gangguan yang dialami oleh wanita usia subur. Rasa sakit ini sangat hebat hingga membuat wanita tidak dapat melakukan aktivitas apapun. Terdapat berbagai faktor yang dapat memperberat dismenorea, diantaranya adalah merokok, minuman beralkohol, kurangnya aktivitas fisik dan tingkat stres yang dialami seseorang. dimasa pandemi Covid-19, pemerintah menerapkan beberapa kebijakan dalam mengurangi penyebaran virus Covid-19 seperti pembatasan sosial berskala besar sehingga kebanyakan aktivitas dilakukan di dalam rumah sehingga dapat menyebabkan stres dan aktivitas fisik seseorang mengalami perubahan. Tujuan penelitian ini untuk mengetahui hubungan tingkat stres dan aktivitas fisik dengan skala dismenorea pada siswi SMA Negeri 4 Tangerang Selatan dimasa pandemi Covid-19. Penelitian ini menggunakan desain penelitian *Cros sectional* dengan jumlah sampel 128 responden dengan metode *Consecutive Sampling*. Pengumpulan data dilakukan melalui google form dengan menggunakan kuesioner *perceived stres scale 10 (PSS-10)*, *International Physical Activity Questionarre (IPAQ)* dan *Numeric Rating Scale (NRS)*. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara tingkat stres (*p-value 0.019*) dan Aktivitas Fisik (*p-value 0.039*) dengan skala dismenorea primer. Saran dari penelitian ini agar siswi dapat mengelola kondisi stres dan melakukan aktivitas fisik dengan baik sehingga dapat mengurangi skala dismenorea.

Kata kunci: Tingkat Stres, Aktivitas Fisik, Dismenorea Primer, covid-19

THE RELATIONSHIP OF STRESS LEVELS AND PHYSICAL ACTIVITY WITH THE SCALE OF PRIMARY DYSMENORRHEA ON STUDENTS OF SMA NEGERI 4 TANGERANG SELATAN DURING THE COVID-19 PANDEMIC

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Abstract

Dysmenorrhea is the medical term for pain with period or usually called menstrual pain. Some eligible women have had experience it. The pain is too much to bear that make women unable to do any activity. There are various factors that can aggravate dysmenorrhoea, such as smoking, drinking alcohol, lack of physical activity and stress. During the covid-19 pandemic, the government implemented several policies to reduce the spread of the Covid-19 virus, such as large-scale social restrictions so that most activities were carried out at home, these conditions can cause stress and lack of activity to change. The purpose of this study was to determine the correlation between stress levels and physical activity with the dysmenorrhoea scale in students of SMA Negeri 4 Tangerang Selatan during the Covid-19 pandemic. This study uses a *cross-sectional* research design with a sample of 128 respondents through the Consecutive Sampling method. The data was collected through google form using a *questionnaire perceived stress scale 10* (PSS-10), the *International Physical Activity Questionnaire* (IPAQ) and the *Numeric Rating Scale* (NRS). The results showed that there was a significant relationship between stress levels (p-value 0.019) and physical activity (p-value 0.039) with primary dysmenorrhoea scale. Suggestions from this study are expected that students can control stress levels and increase daily physical activity because good physical activity will stimulate blood flow so that it can reduce and reduce menstrual pain (dysmenorrhea).

Keywords: Stress Level, Physical Activity, Primary Dysmenorrhea, covid-19