

# HUBUNGAN ANTARA TINGKAT STRES DAN DERAJAT NYERI DISMENORE PADA SISWI KELAS XI SMA NEGERI 6 KOTA TANGERANG SELATAN

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## Abstrak

**Latar Belakang:** Dismenore merupakan keluhan nyeri yang sering dialami remaja putri dan dapat mengganggu aktivitas belajar. Nyeri dismenore berkaitan dengan peningkatan prostaglandin yang memicu kontraksi uterus. Selain faktor hormonal, faktor psikologis seperti stres juga diduga berperan dalam memperberat nyeri melalui respons neuroendokrin yang meningkatkan kontraksi otot rahim. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres dan derajat nyeri dismenore pada siswi kelas XI SMA Negeri 6 Kota Tangerang Selatan. **Metode Penelitian:** Dilaksanakan di SMAN 6 Kota Tangerang Selatan pada bulan Desember 2025 dengan desain *cross-sectional* terhadap 80 siswi. Tingkat stres diukur menggunakan kuesioner *Perceived Stress Scale-10* (PSS-10), sedangkan derajat nyeri dismenore diukur menggunakan *Numerical Rating Scale* (NRS). **Hasil:** Hasil menunjukkan nilai  $p > 0,05$ , yang menandakan tidak terdapat hubungan yang signifikan secara statistik antara tingkat stres dan derajat nyeri dismenore. **Kesimpulan:** Mayoritas responden berusia 16 tahun dengan indeks massa tubuh normal. Berdasarkan distribusi, mayoritas mengalami tingkat stres sedang, serta dismenore dengan derajat nyeri sedang.

**Kata Kunci:** Stres; Faktor Psikologis; Dismenore; Remaja Putri; Siswi

***THE RELATIONSHIP BETWEEN STRES LEVEL AND THE  
DEGREE OF DYSMENORRHEAL PAIN AMONG ELEVENTH-  
GRADE FEMALE STUDENTS AT SMAN 6 KOTA TANGERANG  
SELATAN***

**Intan Nurayni**

***Abstract***

**Background:** Dysmenorrhea is a common pain complaint among adolescent girls and can interfere with learning activities. Dysmenorrheal pain is associated with increased prostaglandin levels that trigger uterine contractions. In addition to hormonal factors, psychological factors such as stress are also thought to contribute to worsening pain through neuroendocrine responses that enhance uterine muscle contractions. **Objective:** This study aimed to determine the relationship between stress level and the degree of dysmenorrheal pain among eleventh-grade female students at SMA Negeri 6 South Tangerang City. **Methods:** This cross-sectional study was conducted at SMA Negeri 6 South Tangerang City in December 2025 and involved 80 female students. Stress levels were measured using the Perceived Stress Scale-10 (PSS-10), while the degree of dysmenorrheal pain was assessed using the Numerical Rating Scale (NRS). **Results:** The results showed a  $p$ -value  $> 0.05$ , indicating that there was no statistically significant relationship between stress level and the degree of dysmenorrheal pain. **Conclusion:** Most respondents were 16 years old and had a normal body mass index. Based on the distribution, the majority experienced moderate stress levels and moderate dysmenorrheal pain.

**Keywords:** Stress; Psychological Factors; Dysmenorrhea; Adolescent Girls; Female Students