

ABSTRAK

HUBUNGAN KEBIASAAN MINUM BERKAFEIN DAN KUALITAS TIDUR DENGAN *PREMENSTRUAL SYNDROME* PADA MAHASISWI UNIVERSITAS JENDERAL SOEDIRMAN

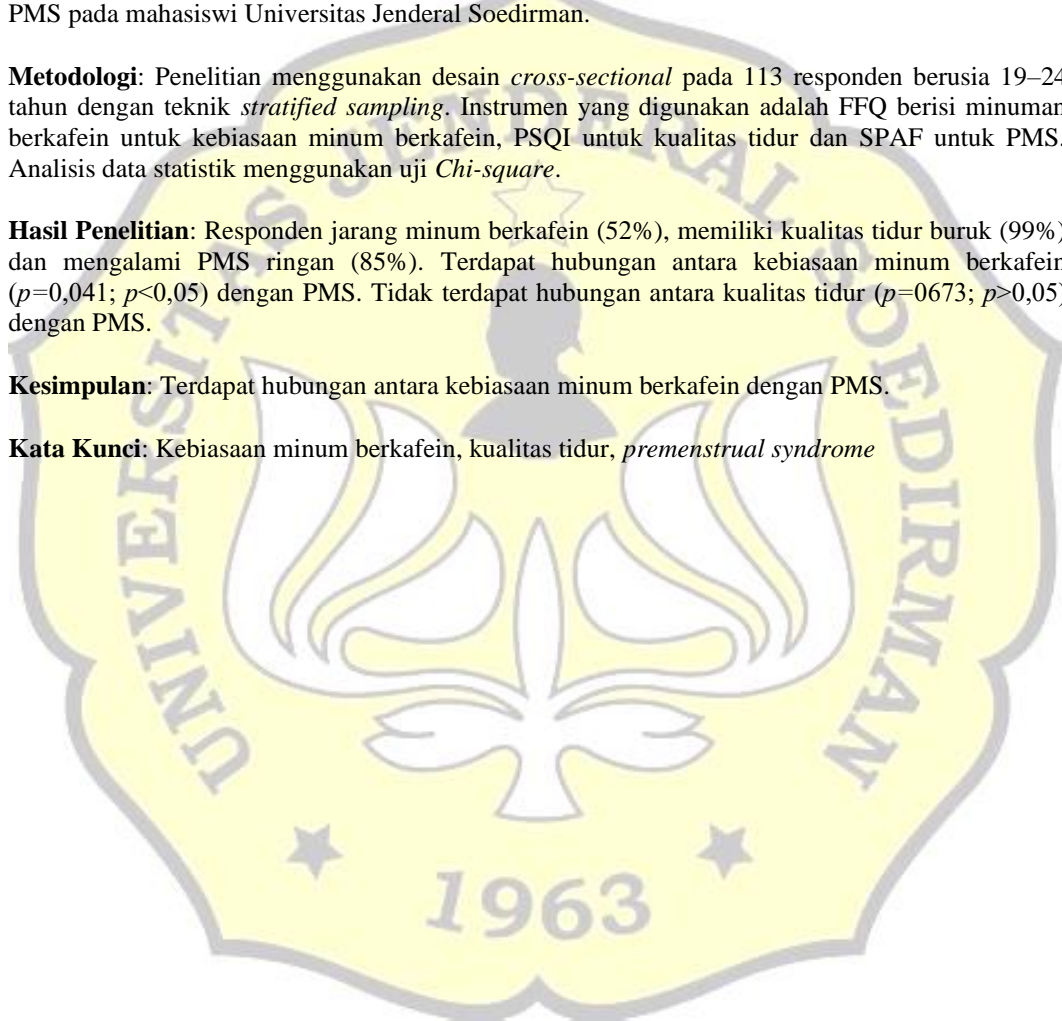
Latar Belakang: Mahasiswi termasuk salah satu kelompok wanita usia subur yang rentan mengalami masalah menstruasi seperti *premenstrual syndrome* (PMS). PMS merupakan sekumpulan gejala yang muncul pada wanita usia subur saat 7–10 hari sebelum menstruasi dan menghilang beberapa hari setelah menstruasi. Beberapa penelitian menyebutkan bahwa PMS dapat disebabkan oleh gaya hidup seperti kebiasaan minum berkafein dan pola tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara kebiasaan minum berkafein dan kualitas tidur dengan PMS pada mahasiswi Universitas Jenderal Soedirman.

Metodologi: Penelitian menggunakan desain *cross-sectional* pada 113 responden berusia 19–24 tahun dengan teknik *stratified sampling*. Instrumen yang digunakan adalah FFQ berisi minuman berkafein untuk kebiasaan minum berkafein, PSQI untuk kualitas tidur dan SPAF untuk PMS. Analisis data statistik menggunakan uji *Chi-square*.

Hasil Penelitian: Responden jarang minum berkafein (52%), memiliki kualitas tidur buruk (99%) dan mengalami PMS ringan (85%). Terdapat hubungan antara kebiasaan minum berkafein ($p=0,041$; $p<0,05$) dengan PMS. Tidak terdapat hubungan antara kualitas tidur ($p=0,673$; $p>0,05$) dengan PMS.

Kesimpulan: Terdapat hubungan antara kebiasaan minum berkafein dengan PMS.

Kata Kunci: Kebiasaan minum berkafein, kualitas tidur, *premenstrual syndrome*



ABSTRACT

CORRELATION BETWEEN CAFFEINE CONSUMPTION HABITS AND SLEEP QUALITY WITH PREMENSTRUAL SYNDROME AMONG FEMALE STUDENTS AT JENDERAL SOEDIRMAN UNIVERSITY

Background: Female university students are among the demographic of women of reproductive age who are particularly susceptible to menstrual issues such as premenstrual syndrome (PMS). PMS is a compilation of symptoms that typically emerge 7–10 days before menstruation and subside a few days after menstruation. Previous research suggests that PMS may be influenced by lifestyle factors, including caffeine consumption and sleep patterns. This study aims to explore the correlation between caffeine consumption and sleep quality with PMS among student at Jenderal Soedirman University.

Methodology: This study employed a cross-sectional design involving 113 respondents aged 19–24 years, selected through stratified sampling. The instruments used included a Food Frequency Questionnaire (FFQ) to assess caffeine consumption habits, the Pittsburgh Sleep Quality Index (PSQI) to evaluate sleep quality and the Shortened Premenstrual Assessment Form (SPAF) to measure PMS symptoms. Statistical analysis was conducted using Chi-square test.

Results: Respondents rarely consume caffeine (52%), have poor sleep quality and experience mild PMS (85%). There was a significant correlation between caffeine consumption habits ($p=0,041$; $p<0,05$) and PMS. However, there was no significant correlation was found between sleep quality ($p=0,673$; $p>0,05$) and PMS.

Conclusion: Caffeine consumption habits are significantly correlated with PMS.

Keywords: Caffeine consumption habits, sleep quality, premenstrual syndrome

