

ABSTRAK

PERBEDAAN SIKLUS MENSTRUASI PADA MAHASISWA JURUSAN PENDIDIKAN JASMANI DAN MAHASISWA JURUSAN KEPERAWATAN

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Latar Belakang: Menstruasi adalah proses alami pada wanita usia subur dengan siklus normal antara 21-35 hari. Gangguan siklus menstruasi dapat memengaruhi kesehatan reproduksi. Siklus menstruasi yang tidak normal dapat disebabkan oleh gaya hidup seperti tingkat aktivitas fisik dan tingkat stres. Aktivitas fisik mahasiswa Keperawatan cenderung ringan, sedangkan mahasiswa Pendidikan Jasmani cenderung berat. Penelitian ini bertujuan untuk menganalisis perbedaan siklus menstruasi pada mahasiswa jurusan Pendidikan Jasmani dan Keperawatan.

Metodologi: Penelitian menggunakan pendekatan *cross sectional* dengan teknik sampling *proportionate stratified random sampling*. Jumlah sampel penelitian 180 mahasiswi jurusan Keperawatan dan Pendidikan Jasmani. Instrumen menggunakan kuesioner siklus menstruasi, *Global Physical Activity Questionnaire* (GPAQ), dan *Perceived Stress Scale* (PSS-10). Analisis data menggunakan uji *Chi-square*.

Hasil Penelitian: Hasil penelitian menunjukkan usia responden 17-23 tahun dan mengalami *menarche* pada usia 10-15 tahun. Siklus menstruasi mahasiswa Jurusan Keperawatan normal sebanyak 80,1% dan siklus menstruasi mahasiswa Pendidikan Jasmani normal sebanyak 85,6%. Tingkat aktivitas fisik mahasiswa Keperawatan mayoritas ringan (60%) dan mahasiswa Pendidikan Jasmani mayoritas berat (54,4%). Tingkat stres mahasiswa Keperawatan dan Pendidikan Jasmani mayoritas sedang (81,1% dan 93,3%). Uji *Chi-square* menunjukkan bahwa tidak terdapat perbedaan yang signifikan antara siklus menstruasi mahasiswa jurusan Pendidikan Jasmani dan Keperawatan ($p\text{-value} = 0,424$).

Kesimpulan: Tidak ada perbedaan antara siklus menstruasi mahasiswa jurusan Keperawatan dan Pendidikan Jasmani Universitas Jenderal Soedirman dapat disebabkan karena tidak adanya perbedaan tingkat aktivitas fisik dan tingkat stres antara mahasiswa jurusan Keperawatan dan Pendidikan Jasmani.

Kata Kunci: Aktivitas fisik, Siklus menstruasi, Tingkat Stres

ABSTRACT

DIFFERENCES IN MENSTRUAL CYCLES IN STUDENTS OF PHYSICAL EDUCATION AND STUDENTS OF NURSING

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Background: Menstruation is a natural process in women of childbearing age with a normal cycle between 21-35 days. Menstrual cycle disorders can affect reproductive health. Abnormal menstrual cycles can be caused by lifestyle such as physical activity levels and stress levels. The physical activity of nursing students tends to be light, while Physical Education students tend to be heavy. This study aims to analyze the differences in menstrual cycles in students majoring in Physical Education and Nursing.

Methodology: The study used a cross-sectional approach with a proportionate stratified random sampling technique. The number of research samples was 180 female students majoring in Nursing and Physical Education. The instruments used were the menstrual cycle questionnaire, Global Physical Activity Questionnaire (GPAQ), and Perceived Stress Scale (PSS-10). Data analysis used the Chi-square test..

Results: The results showed the respondents were 17-23 years old and experienced menarche at the age of 10-15 years. The menstrual cycle of Nursing students was normal at 80.1% and the menstrual cycle of Physical Education students was normal at 85.6%. The level of physical activity of Nursing students was mostly light (60%) and Physical Education students were mostly heavy (54.4%). The stress levels of Nursing and Physical Education students were mostly moderate (81,1% and 93,3%). The Chi-square test showed that there was no significant difference between the menstrual cycles of Physical Education and Nursing students ($p\text{-value} = 0.424$).

Conclusion: There is no difference between the menstrual cycle of students majoring in Nursing and Physical Education at Jenderal Soedirman University, which could be caused by the lack of difference in physical activity levels and stress levels between students of Nursing and Physical Education.

Keywords: Menstrual cycle, Physical activity, Stress scale