

# Stress psikologis sebagai faktor dominan terhadap kejadian dysmenorrhea primer pada mahasiswi s1 reguler FF FIK dan FKM UI tahun 2015 = Psychological stress as the dominant factor of primary dysmenorrhea on female student at faculty of pharmacy faculty of nursing and faculty of public health Universitas Indonesia in 2015

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## Abstrak

Dysmenorrhea primer merupakan suatu masalah yang berdampak pada kualitas hidup seseorang. Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi (IMT), kebiasaan olahraga, asupan gizi (serat, omega-3, dan kalsium), konsumsi kopi, usia menarche, laju menstruasi, lama menstruasi, siklus menstruasi, riwayat keluarga, dan stress psikologis dengan dysmenorrhea primer serta faktor yang dominan pada mahasiswi S1 Reguler FF, FIK, dan FKM UI tahun 2015. Penelitian ini menggunakan desain studi cross sectional dengan metode systematic random sampling. Sampel yang diteliti adalah mahasiswi FF, FIK, dan FKM UI angkatan 2011-2014 dengan total 170 sampel. Data dikumpulkan dengan cara pengisian kuesioner mandiri, wawancara FFQ semikuantitatif, dan pengukuran antropometri. Hasil uji chi square menunjukkan terdapat hubungan yang bermakna antara riwayat keluarga dan stress psikologis dengan dysmenorrhea primer ( $p\text{-value} < 0,05$ ). Dari analisis regresi logistik didapatkan stress psikologis sebagai faktor dominan (OR 3,912).

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Primary dysmenorrhea is a problem which impact quality of life. This study aimed to identify the association between nutritional status (BMI), exercise, nutrient intake (dietary fiber, omega-3, and calcium), coffee consumption, menarche age, menstrual flow, menstrual duration, menstrual cycle, family history, and psychological stress with primary dysmenorrhea and the dominant factor on female student in Female Student at Faculty of Pharmacy, Faculty of Nursing, and Faculty of Public Health Universitas Indonesiain 2015. This study used cross sectional design with systematic random sampling. The observed sample in this study was female student of the Faculty of Pharmacy, Faculty of Nursing, and Faculty of Public Health Universitas Indonesia batch 2011-2014 involving 170 students. Data were collected by using a self administered questionnaire, semiquantitative FFQ, and anthropometric measurements. The result of this study showed that there was a significant association between family history and psychological stress with primary dysmenorrhea ( $p\text{-value} < 0,05$ ). Logistic regression analysis showed that psychological stress as the dominant factor (OR 3,912).