

Tingkat Keparahan Manifestasi Gejala Klinis Premenstrual Syndrome (PMS) beserta Tingkat Status Dimensi Emotional Intelligence (EQ) pada Dewasa Muda di Kawasan Urban Jakarta = Severity of Premenstrual Syndrome Clinical Symptom Manifestation (PMS) along with the Status Level of Emotional Intelligence (EQ) Dimensions in Young Adults in Urban Jakarta

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Abstrak

Manifestasi gejala klinis Premenstrual Syndrome cukup dirasakan secara merata pada semua individu, terutama pada individu dewasa muda urban, di antaranya mencakup masalah emosional dan suasana hati (mood). Individu dengan PMS diketahui menunjukkan defisit dalam menentukan strategi regulasi emosi, meliputi cenderung condong pada emosi negatif, cenderung menekan emosi, serta mengalami kesulitan dalam melabeli emosi. Pada individu dengan PMS, perubahan hormon estrogen dan progesteron mengakibatkan ketidakseimbangan neurotransmitter emosi yang mengakibatkan ketidakstabilan emosi yang mempengaruhi status kecerdasan emosional (EQ). Status EQ yang rendah dapat mempengaruhi intrapersonal, interpersonal, hingga produktivitas. Berdasarkan hal tersebut, maka adanya penelitian ini terkait “Korelasi Manifestasi Gejala Klinis Premenstrual Syndrome (PMS) dengan Status Emotional Intelligence (EQ) pada Individu Dewasa Muda di Kawasan Urban Jakarta”. Penelitian ini dilakukan kepada 107 responden dengan menggunakan instrumen penelitian; The Premenstrual Symptoms Screening Tool (PSST) dan Emotional Quotient Inventory (EQ-i). Didapatkan hasil nilai Asymp. Sig. (2-sided) pada uji Pearson Chi-Square adalah sebesar 0.981. Serta didapatkan hasil nilai Chi Square hitung adalah sebesar 0.039, dengan nilai Chi Square tabel adalah sebesar 3.841. Dikarenakan nilai Asymp. Sig. (2-sided) $0.981 > 0.05$ dan nilai Chi Square hitung $0.039 < \text{Chi Square tabel } 3.841$, maka dapat disimpulkan bahwa H_0 diterima dan H_a ditolak. Dengan demikian, “Ada korelasi manifestasi gejala klinis Premenstrual Syndrome (PMS) dengan status Emotional Intelligence (EQ) pada individu dewasa muda di kawasan urban JakartaThe manifestation of clinical symptoms of Premenstrual Syndrome is felt equally in all individuals, especially in urban young adults, including emotional and mood problems. Individuals with PMS are known to show deficits in determining emotion regulation strategies, including tending to lean towards negative emotions, tending to suppress emotions, and having difficulty in labeling emotions. In individuals with PMS, changes in estrogen and progesterone hormones result in an imbalance of emotional neurotransmitters resulting in emotional instability that affects emotional intelligence (EQ) status. Low EQ status can affect intrapersonal, interpersonal, and productivity. Based on this, this research is related to “Correlation of Premenstrual Syndrome (PMS) Clinical Symptom Manifestations with Emotional Intelligence (EQ) Status in Young Adults in Urban Jakarta”. This study was conducted on 107 respondents using research instruments; The Premenstrual Symptoms Screening Tool (PSST) and Emotional Quotient Inventory (EQ-i). The results of the Asymp. Sig. (2-sided) on the Pearson Chi-Square test is 0.981. And the calculated Chi Square value is 0.039, with the Chi Square table value of 3.841. Due to the value of Asymp. Sig. (2-sided) $0.981 > 0.05$ and the calculated Chi Square value of $0.039 < \text{Chi Square table } 3.841$, it can be concluded that H_0 is accepted and H_a is rejected. Thus, “There is a correlation between the manifestation of clinical

symptoms of Premenstrual Syndrome (PMS) and Emotional Intelligence (EQ) status in young adults in urban Jakarta”.