

Hubungan Stres Akademik dan Aktivitas Fisik terhadap Intensitas Nyeri Dismenore pada Mahasiswi Jenjang Sarjana dan Diploma = The Relationship between Academic Stress and Physical Activity with Dysmenorrhea Pain Intensity among Undergraduate and Diploma Female Students

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Abstrak

Perbedaan intensitas nyeri pada mahasiswi dengan dismenore menjadi dasar penelitian untuk dikaitkan dengan faktor risiko yang berhubungan. Mahasiswi sebagai penggiat akademik merasakan tekanan yang seringkali menyebabkan stres dan kelelahan, sehingga memilih menyibukkan diri untuk mengikuti banyak kegiatan atau memilih beristirahat saat waktu luang. Penelitian ini bertujuan untuk menganalisis hubungan stres akademik dan aktivitas fisik terhadap intensitas nyeri dismenore pada mahasiswi jenjang sarjana dan diploma di Universitas Indonesia. Metode yang digunakan berupa penelitian kuantitatif jenis analitik korelatif berdesain cross sectional. Sampel penelitian berjumlah 435 mahasiswi melalui teknik cluster random sampling. Variabel penelitian diukur dengan kuesioner karakteristik responden, Educational Stress Scale for Adolescents (ESSA), International Physical Activity Questionnaire Short Form (IPAQ-SF), dan Numerical Rating Scale (NRS). Hasil penelitian menunjukkan hubungan signifikan antara stres akademik dan aktivitas fisik terhadap intensitas nyeri dismenore mahasiswi jenjang sarjana dan diploma ($p\text{-value} < 0,001$; $= 0,05$). Direkomendasikan peningkatan layanan preventif berupa konseling, informasi, dan promosi kesehatan mengenai cara mengatasi atau mengurangi dismenore, pengelolaan coping stres akademik, dan pentingnya aktivitas fisik.

.....The variation in pain intensity among many female students with dysmenorrhea served as the basis for research to explore several related risk factors. Female students as academic activists, often experienced pressure that led to stress and fatigue. Consequently, they might have chosen to stay busy by participating in many activities or opted to rest during their free time. This study aimed to analyze the relationship between academic stress and physical activity with dysmenorrhea pain intensity among undergraduate and diploma female students at the Universitas Indonesia. The method used was quantitative research of the correlative analysis type with a cross sectional design. The research sample consisted of 435 female students selected through the cluster random sampling technique. The research variables were measured using respondent characteristic questionnaires, the Educational Stress Scale for Adolescents (ESSA), the International Physical Activity Questionnaire Short Form (IPAQ-SF), and the Numerical Rating Scale (NRS). The results of the study showed a significant relationship between academic stress and physical activity towards the intensity of dysmenorrhea pain in undergraduate and diploma students ($p\text{-value} < 0.001$; $= 0.05$). It is recommended to improve preventive services in the form of counseling, information, and promote health by emphasizing how to overcome or reduce dysmenorrhea, manage academic stress, and the importance of physical activity.