

HUBUNGAN TINGKAT KECEMASAN MENGHADAPI UJIAN NASIONAL DENGAN SIKLUS MENSTRUASI PADA SISWI KELAS XII DI SMAN 1 KASIHAN BANTUL

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INTISARI

Latar Belakang : Pubertas pada remaja perempuan ditandai dengan *menarche* yaitu mendapatkan menstruasi pertama. Menstruasi adalah pendarahan secara periodik dan siklik dari uterus, disertai pelepasan (deskuamasi) endometrium. Salah satu faktor yang mempengaruhi siklus menstruasi adalah gangguan psikososial, seperti kecemasan. Jumlah individu yang menderita gangguan kecemasan mencapai 5% dari jumlah penduduk. Gejala kecemasan sangat mempengaruhi siklus menstruasi karena adanya rangsangan stressor psikososial mengakibatkan jaringan saraf di otak memberikan sinyal bahaya. Kecemasan bisa timbul saat menghadapi ujian nasional.

Tujuan : Penelitian ini untuk mengetahui hubungan antara tingkat kecemasan menghadapi ujian nasional dengan siklus menstruasi pada siswi kelas XII di SMAN 1 Kasihan Bantul.

Metode : Merupakan penelitian Kuantitatif non eksperimental dengan metode korelasi rancangan *cross sectional*. Total sampel dalam penelitian ini sebanyak 59 menggunakan teknik *simple random sampling*. Pengumpulan data menggunakan kuesioner *Hamilton Rating Scale for Anxiety (HRS-A)*.

Hasil : Tingkat kecemasan menghadapi ujian nasional pada siswi kelas XII di SMAN 1 Kasihan Bantul sebagian besar termasuk kategori sedang sejumlah 50,8% dan siklus menstruasinya sebagian besar berubah yaitu 57,6%. Hasil uji *contingency coefficient* dengan nilai $p = 0,002 < 0,05$ dan termasuk keeratan sedang dengan nilai 0,449.

Kesimpulan : Terdapat hubungan antara tingkat kecemasan menghadapi ujian nasional dengan siklus menstruasi pada siswi kelas XII di SMAN 1 Kasihan Bantul.

Kata Kunci : Tingkat Kecemasan, Siklus Menstruasi, Ujian Nasional

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THE CORRELATION BETWEEN THE RATE OF ANXIETY IN FACING NATIONAL EXAMINATION AND THE MENSTRUAL CYCLE OF GRADE XII FEMALE STUDENTS AT SMA N 1 KASIHAN BANTUL

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ABSTRACT

Background: Puberty in adolescents is indicated by the menarche, which is known as the first menstrual period of an individual. Menstruation is a periodic and cyclic discharge of blood from the uterus, followed by the desquamation of endometrium. One of the factors affecting menstrual cycle is psychosocial disorder, such as anxiety. The number of individuals who suffer from anxiety has reached 5% out of the total population. Anxiety symptom has a strong influence on the menstrual cycle due to the psychosocial stressor stimulation which causes the nervous membranes to give vulnerability warning in the brain. Anxiety might occur during the national examination.

Purpose: This study is to find out the correlation between the rate of anxiety in facing the national examination and the menstrual cycle of grade XII female students at SMAN 1 Kasihan Bantul.

Method: This study was a non-experimental qualitative with cross-sectional correlation method. Simple random sampling was used in this study, of which there were 59 students as the total sample. Data gathering was using the questionnaire of Hamilton Rating Scale for Anxiety (HRS-A).

Result: The rate of anxiety in facing the national examination experienced by the grade XII female students of SMAN 1 Kasihan Bantul is categorized as medium in majority which is 50,8%, the menstrual cycle is predominantly turning into 57,6%. The result of the contingency coefficient is p value = 0,0002 < 0,05, which is considered as medium proximity with value 0,449.

Conclusion: There is a correlation between the rate of anxiety in facing the national examination and the menstrual cycle of grade XII female students at SMAN 1 Kasihan Bantul.

Key Words: Rate of Anxiety, Menstrual Cycle, National Examination

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