

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
JURUSAN KEBIDANAN
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

**SKRIPSI, JULI 2026
WIDYA CHANTIKA**

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN
DISMENORE PADA MAHASISWI TINGKAT I JURUSAN KEBIDANAN
DI POLTEKKES KEMENKES RIAU**

11 + 75 Halaman, 9 Tabel, 16 Lampiran

ABSTRAK

Dismenore merupakan gangguan menstruasi yang sering dialami remaja putri dan dapat mengganggu aktivitas sehari-hari maupun proses belajar. Faktor yang diduga berhubungan dengan kejadian dismenore, meliputi pola makan, aktivitas fisik, *screen time*, dan stres. Penelitian ini bertujuan untuk mengetahui hubungan antara pola makan, aktivitas fisik, *screen time*, dan stres dengan kejadian dismenore pada mahasiswa tingkat I Jurusan Kebidanan Poltekkes Kemenkes Riau. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sampel berjumlah 122 responden yang dipilih menggunakan teknik *simple random sampling*. Data dikumpulkan menggunakan kuesioner pola makan, *International Physical Activity Questionnaire-Short Form* (IPAQ-SF), *Questionnaire for Screen Time* (QueST), *Perceived Stress Scale* (PSS-10), dan *Numeric Rating Scale* (NRS) untuk mengukur kejadian dismenore. Analisis data meliputi analisis univariat dan bivariat menggunakan uji Chi-Square dengan tingkat kemaknaan $\alpha = 0,05$. Sebanyak 87,7% responden mengalami dismenore, 82,8% memiliki pola makan tidak sehat, 54,9% memiliki aktivitas fisik sedang, 50,0% memiliki *screen time* tinggi, dan 78,7% mengalami tingkat stres sedang. Hasil uji Chi-Square menunjukkan bahwa tidak terdapat hubungan antara pola makan ($p=0,077$), aktivitas fisik ($p=0,143$), dan *screen time* ($p=0,168$) dengan kejadian dismenore. Sebaliknya, terdapat hubungan yang signifikan antara tingkat stres dengan kejadian dismenore ($p=0,021$). Tingkat stres berhubungan dengan kejadian dismenore, sedangkan pola makan, aktivitas fisik, dan *screen time* tidak berhubungan secara signifikan. Hasil penelitian ini diharapkan dapat menjadi dasar bagi tenaga kesehatan dan institusi pendidikan dalam menyusun upaya promotif dan preventif untuk mengurangi kejadian dismenore pada mahasiswa tingkat 1 Jurusan Kebidanan.

Kata Kunci: **Dismenore, Aktivitas Fisik, Pola Makan, Screen Time, dan Stres.**
Referensi : 65 Referensi (2016-2025)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
RIAU HEALTH POLYTECHNIC
DEPARTMENT OF MIDWIFERY
APPLIED BACHELOR STUDY PROGRAM IN MIDWIFERY**

**UNDERGRADUATE THESIS, JULY 2026
WIDYA CHANTIKA**

**FACTORS ASSOCIATED WITH THE OCCURRENCE OF
DYSMENORRHEA AMONG FIRST-YEAR MIDWIFERY STUDENTS AT
RIAU HEALTH POLYTECHNIC, MINISTRY OF HEALTH**

11 + 75 Pages, 9 Tables, 16 Appendices

ABSTRACT

Dysmenorrhea is one of the most common menstrual disorders among adolescent girls and may interfere with daily activities and academic performance. Several factors are thought to be associated with dysmenorrhea, including dietary habits, physical activity, screen time, and stress. This study aimed to determine the associations between dietary habits, physical activity, screen time, stress, and the occurrence of dysmenorrhea among first-year Midwifery students at Riau Health Polytechnic, Ministry of Health. This quantitative study employed a cross-sectional design. A total of 122 respondents were selected using simple random sampling. Data were collected using a dietary habits questionnaire, the International Physical Activity Questionnaire–Short Form (IPAQ-SF), the Questionnaire for Screen Time (QueST), the Perceived Stress Scale (PSS-10), and the Numeric Rating Scale (NRS). Data were analyzed using univariate analysis and the Chi-square test with a significance level of $\alpha = 0.05$. The findings showed that 87.7% of respondents experienced dysmenorrhea, 82.8% had unhealthy dietary habits, 54.9% had moderate physical activity, 50.0% had high screen time, and 78.7% had moderate stress levels. Chi-square analysis revealed no significant associations between dietary habits ($p = 0.077$), physical activity ($p = 0.143$), or screen time ($p = 0.168$) and dysmenorrhea. However, stress was significantly associated with dysmenorrhea ($p = 0.021$). Stress was significantly associated with dysmenorrhea, whereas dietary habits, physical activity, and screen time were not. The findings of this study are expected to serve as a basis for healthcare professionals and educational institutions in developing promotive and preventive strategies to reduce the occurrence of dysmenorrhea among first-year Midwifery student.

Keywords: Dysmenorrhea, Dietary Habits, Physical Activity, Screen Time, and Stress.

References : 65 References (2016-2025)