

**HUBUNGAN DISMENORE DENGAN AKTIVITAS BELAJAR DAN
KUALITAS TIDUR MAHASISWI PRODI S1 KEPERAWATAN
UNIVERSITAS AL-IRSYAD CILACAP**

*The Correlation Of Dysmenorrhea And Learning Activities And Sleep Quality Of
Students Of The S1 Nursing Study Program, Al-Irsyad Cilacap University*

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ABSTRAK

Dismenorea merupakan nyeri yang berasal dari kram perut rahim dan terjadi selama menstruasi disebabkan oleh pengelupasan lapisan endometrium.. Nyeri haid berdampak pada aktivitas belajar dan kualitas tidur. Tujuan penelitian ini untuk mengetahui hubungan dismenore dengan aktivitas belajar dan kualitas tidur mahasiswa Prodi S1 Keperawatan Universitas Al-Irsyad Cilacap. Penelitian ini merupakan jenis penelitian kuantitatif dengan pendekatan *cross sectional*, pengambilan data secara *cluster random sampling* di dapatkan 66 responden. Uji statistik menggunakan *Fisher Exact Test*. Hasil univariat mahasiswa mengalami dismenore sedang 32 orang (48,5%), aktivitas belajar terganggu 58 orang (87,9%), dan kualitas tidur cukup buruk 36 orang (54,5%). Terdapat hubungan antara dismenore dengan aktivitas belajar (*p value* $0,020 < 0,05$). Ada hubungan antara dismenore dengan kualitas tidur (*p value* $0,035 < 0,05$).

Kata kunci : Dismenore, Aktivitas Belajar, Kualitas Tidur

ABSTRACT

*Dysmenorrhea is pain that comes from abdominal cramps of the uterus and occurs during menstruation caused by the peeling of the endometrial lining. Menstrual pain has an impact on study activities and sleep quality. The purpose of this study is to determine the relationship between dysmenorrhea and learning activities and sleep quality of female students of the S1 Nursing Study Program, Al-Irsyad University, Cilacap. This study is a type of quantitative research with a cross sectional approach, data collection by cluster random sampling obtained 66 respondents. Statistical tests use the Fisher Exact Test. The univariate results of female students experienced moderate dysmenorrhea in 32 people (48.5%), impaired learning activities in 58 people (87.9%), and poor sleep quality in 36 people (54.5%). There was a relationship between dysmenorrhea and learning activities (*p value* $0.020 < 0.05$). There was a relationship between dysmenorrhea and sleep quality (*p value* $0.035 < 0.05$).*

Keywords : *Dysmenorrhea, Learning Activities, Sleep Quality*