ABSTRACT

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The Correlation between Stress Level and Body Mass Index (BMI) with Menstrual Cycle Female Students from Senior High School 22 Palembang

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Background: Menstrual cycle is the distance between the start of menstruation and the onset of the next menstruation, the disruption of the menstrual cycle is divided into three, namely oligiminorea, poliminorea, amenorrhoea. Most women in Indonesia aged 15-19 as many 83.3% experience regular menstrual cyles, 11.7% experience irregular menstrual cycle and 1.5% ot those who have not menstruated. Factor that can affect the menstrual cycle include not ideal body weight, stress, physical activity, chronic disease, endocrine disorder, and drugs.
Aim: This study aimed to find out the correlation between stress and body mass index (BMI) with menstrual cycle of Female Students from Senior High School 22 Palembang.
Methodology: This research was conducted by using analytical survey design with cross sectional approach. There were 144 respondents that were taken by using purposive sampling method.
Result: The result of the analysis by using chi square test (Fisher's Eact Test) showed that there was no significant correlation between Body Mass Index (BMI) and Mestrual Cycle with p-value = 0.123 and there was no significant correlation between Sress Level and menstrual Cycle with p-value = 0.383.
Suggestion: The result of this study are expected to provide information about the causes of mentstrual cycle disorders, one of which normal limits so as to avoid these cause where mentrual cycle irregularities can have a impact on the health of their reproductiv organs.

Keywords : The menstrual cycle, stress level, body mass index (BMI).