

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER PROGRAM STUDI ILMU KEPERAWATAN FAKULTAS ILMU KESEHATAN

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Hubungan Lama Tidur Dengan Siklus Menstruasi Pada Mahasiswa Universitas Muhammadiyah Jember

xii+98 hal+13 tabel+1 gambar+156 lampiran

Latar Belakang: Tidur merupakan kebutuhan setiap manusia, tingkat kenyamanan tidur tergantung dari beberapa faktor seperti usia, aktifitas, dan penyakit. Kurangnya tidur dapat menimbulkan dampak pada kesehatan wanita produktif salah satunya siklus menstruasi. Penelitian ini bertujuan untuk menganalisis hubungan Lama Tidur dengan Siklus Menstruasi pada Mahasiswa Universitas Muhammadiyah Jember. **Metode:** desain penelitian ini menggunakan korelasi dengan pendekatan cross sectional. Populasi dalam penelitian adalah mahasiswa Universitas Muhammadiyah Jember rata-rata sebulan selama tiga bulan yaitu 597 mahasiswa, pengambilan sampel menggunakan rumus slovin dan didapatkan sampel sejumlah 240 responden. Sampling yang digunakan *probability sampling* dengan teknik *Stratified Simple Random Sampling*. Pengumpulan data lama tidur dan siklus menstruasi menggunakan kuesioner. Analisa data menggunakan *korelasi spearman rank* dengan ketentuan $\alpha \leq 0,05$. **Hasil:** Hasil penelitian didapatkan responden yang minimal Lama Tidur 2 jam, maksimal 7 jam dengan rerata 3,06 dan responden siklus menstruasi paling banyak ≤ 21 dengan jumlah 105 responden (43,8%). Hasil analisa menunjukkan nilai $p < 0,001$ dengan koefisien korelasi sebesar 0,373. **Kesimpulan:** Ada hubungan antara lama tidur dengan siklus menstruasi pada mahasiswa Universitas Muhammadiyah Jember.

Kata kunci : Lama Tidur, Siklus Menstruasi, Mahasiswa

Abstract

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The Relationship between Sleep Length and Menstrual Cycle in Students at Muhammadiyah University of Jember

xii+98 things+13 tables+1 figure+16 attachments

Introduction: Sleep is a fundamental need for every human being, and the quality of sleep depends on various factors such as age, activities, and health conditions. Lack of sleep can have an impact on the health of productive women, including their menstrual cycle. This study aims to analyze the relationship between Sleep Duration and Menstrual Cycles in students at Muhammadiyah University in Jember. **Method:** The research design employed in this study is a correlational approach with a cross-sectional design. The population in this study, which was over the course of three months, on average, consists of 597 students. Sampling was done using the Slovin formula, resulting in a sample size of 240 respondents. Probability sampling with Stratified Simple Random Sampling technique was used for data collection. Data on sleep duration and menstrual cycles were collected using questionnaires. Data analysis was conducted using Spearman rank correlation with a significance level set at $\alpha \leq 0.05$. **Results:** The research results showed that students had a minimum sleep duration of 2 hours, a maximum of 7 hours with a mean of 3.06, and the most common menstrual cycle was 105 students (43.8%). The analysis showed a value $p < 0.001$ with a correlation coefficient of 0.373. **Conclusion:** There is a strong relationship between sleep duration and menstrual cycles among students at Muhammadiyah University in Jember.

Keywords: Length of sleep, menstrual cycle, students