

ABSTRAK

Abstrak

**UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN**

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Sisca Datul Hasanah

Hubungan Tingkat Stres dengan Perilaku *Activities of Daily Living* saat *Premenstrual Syndrome* pada Remaja Putri di SMA BIMA Ambulu.

xvii + 91 hal + 3 gambar + 23 tabel + 19 lampiran

Abstrak

Premenstrual Syndrome (PMS) merupakan kumpulan gejala fisik, psikologis, dan perilaku yang dapat memengaruhi aktivitas sehari-hari remaja putri. Salah satu faktor yang diduga berhubungan dengan gangguan aktivitas sehari-hari saat PMS adalah tingkat stres. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara tingkat stres dengan perilaku *Activities of Daily Living* (ADL) remaja putri saat *Premenstrual Syndrome* (PMS) di SMA BIMA Ambulu. Penelitian ini menggunakan desain korelasional dengan pendekatan *cross sectional*. Populasi penelitian berjumlah 164 siswi dengan sampel sebanyak 116 responden yang dipilih menggunakan teknik *purposive sampling*. Tingkat stres diukur menggunakan *Perceived Stress Scale* (PSS-10), sedangkan perilaku *Activities of Daily Living* diukur menggunakan kuesioner yang disusun peneliti berdasarkan teori Santrock. Analisis data menggunakan uji *Spearman Rank*. Hasil penelitian menunjukkan bahwa sebagian besar responden berada pada kategori stres sedang sebanyak 83 responden (71,6%) dan kategori ADL terganggu sedang sebanyak 78 responden (67,2%). Hasil uji *Spearman Rank* menunjukkan nilai $p = 0,000$ ($p \leq 0,05$) dengan koefisien korelasi $r = 0,568$ yang menunjukkan adanya hubungan positif yang signifikan antara tingkat stres dengan perilaku *Activities of Daily Living* saat PMS. Disimpulkan bahwa terdapat hubungan positif yang signifikan antara tingkat stres dengan perilaku *Activities of Daily Living* saat *Premenstrual Syndrome* pada remaja putri di SMA BIMA Ambulu. Implikasi penelitian ini menunjukkan pentingnya upaya promotif dan preventif dalam pengelolaan stres untuk meminimalkan gangguan aktivitas sehari-hari pada remaja putri saat PMS.

Kata Kunci: *Activities of Daily Living*; *Premenstrual Syndrome*; Remaja Putri; Tingkat Stres

ABSTRACT

Abstract

UNIVERSITY OF MUHAMMADIYAH JEMBER UNDERGRADUATE NURSING STUDY PROGRAM FACULTY OF HEALTH SCIENCES

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Sisca Datul Hasanah

The Relationship Between Stress Levels and Activities of Daily Living During Premenstrual Syndrome Among Adolescent Girls at SMA BIMA Ambulu

xvii + 91 pages + 3 figures + 23 tables + 19 appendices

Abstract

Premenstrual Syndrome (PMS) is a cluster of physical, psychological, and behavioral symptoms that may interfere with the daily activities of adolescent girls. Stress levels are among the factors associated with disruptions in daily activities during PMS. This study aimed to identify the relationship between stress levels and Activities of Daily Living (ADL) among adolescent girls during Premenstrual Syndrome (PMS) at SMA BIMA Ambulu. This study employed a correlational design with a cross-sectional approach. The population consisted of 164 female students, with a sample of 116 respondents selected using a purposive sampling technique. Stress levels were measured using the Perceived Stress Scale (PSS-10), while Activities of Daily Living were assessed using a questionnaire developed by the researcher based on Santrock's theory. Data were analyzed using the Spearman Rank correlation test. The results showed that most respondents were in the moderate stress category, accounting for 83 respondents (71.6%), and the moderately disrupted ADL category, accounting for 78 respondents (67.2%). The Spearman Rank correlation test revealed a p-value of 0.000 ($p \leq 0.05$) and a correlation coefficient of $r = 0.568$, indicating a significant positive relationship between stress levels and Activities of Daily Living during PMS. In conclusion, there was a significant positive relationship between stress levels and Activities of Daily Living among adolescent girls experiencing PMS at SMA BIMA Ambulu. These findings highlight the importance of promotive and preventive stress management efforts to minimize disruptions in daily activities among adolescent girls during PMS.

Keywords: *Activities of Daily Living; Adolescent Girls; Premenstrual Syndrome; Stress Levels*