

ABSTRACT

Background : Pre Menstrual Syndrome is a collection of physical, psychological, and emotional symptoms associated with a woman's menstrual cycle. The emotional sensitivity and the negative emotional are most common during in the pre menstrual and early menstrual periods. The anxiety can triggered by Pre Menstrual Syndrome, because Pre Menstrual Syndrome is one form of physiological and psychological stressors that can causes physical and mental fragility.

Objective : To find out the relationship between pre menstrual syndrome and the anxiety level in adolescents in SMA Negeri 1 Klaten.

Method : Using non-analytic (observational) survey with cross sectional approach. The number of sampel were 90 people. The data were taken with the two scale. The SPAF scale to measure off the pre menstrual syndrome level. And the TMAS scale to measure off the anxiety level. The data were analyzed by Spearman to attempt the hypotesis.

Result : The majority of respondents experienced moderate pre menstrual syndrome, which was shown in 76 people (84,44%), the respondents who experienced severe level of anxiety were 60 people (66,67%). There is a correlation between pre menstrual syndrome and the anxiety level which was proven by the significance value 0,00. The Spearman correlation was 0,48.

Conclusion : There is a correlation between pre menstrual syndrome and the anxiety level in adolescents in SMA Negeri 1 Klaten.

Keyword : Anxiety Level, Pre Menstrual Syndrome, Adolescents.

INTISARI

Latar belakang: *Pre Menstrual Syndrome* merupakan kumpulan gejala fisik, psikologis dan emosi yang terkait dengan siklus menstruasi wanita. Selama masa pre menstruasi dan awal menstruasi, sensitivitas emosi dan suasana hati yang negatif sering terjadi. *Pre Menstrual Syndrome* dapat memicu kecemasan karena merupakan salah satu bentuk stressor fisiologis dan psikologis yang dapat menyebabkan kerapuhan fisik dan mental.

Tujuan : Mengetahui hubungan antara *Pre Menstrual Syndrome* terhadap tingkat kecemasan pada remaja di SMA Negeri 1 Klaten.

Metode : Menggunakan metode non-analitik eksperimental (observasional) dengan pendekatan *cross sectional*. Jumlah sampel penelitian sebanyak 90 orang. Pengambilan data menggunakan skala yaitu SPAF untuk mengukur tingkat *Pre Menstrual Syndrome* dan TMAS untuk mengukur tingkat kecemasan. Data analisa menggunakan uji *Spearman*.

Hasil : Mayoritas responden mengalami *Pre Menstrual Syndrome* sedang sebanyak 76 orang (84,44%), mengalami tingkat kecemasan berat sebanyak 60 orang (66,67%). Terdapat hubungan antara pre menstrual syndrome terhadap kecemasan dibuktikan dengan nilai signifikansi ($p=0,00$). Nilai korelasi *Spearman* sebesar 0,48.

Kesimpulan : Terdapat hubungan antara *Pre Menstrual Syndrome* terhadap tingkat kecemasan pada remaja di SMA Negeri 1 Klaten.

Kata Kunci : Tingkat Kecemasan, *Pre Menstrual Syndrome*, Remaja.