

**HUBUNGAN STRES DAN STATUS GIZI DENGAN SIKLUS  
MENSTRUASI PADA SISWI SMK'S 16 FARMASI  
KOTA BENGKULU TAHUN 2018**

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## **ABSTRACT**

*Menstrual cycle is said to be regular if occurs 21-35 days, and is said to be irregular <21 days or> 35 days. The results of a survey of 4000 women, only 3% of whom had a normal menstrual cycle. Almost all women experience menstrual cycles that are irregular from one month to another, there must be a slight change. The purpose of this study is to determine the relationship between stress and nutritional status with the menstrual cycle of students in Vocational High School 16 Pharmacy in Bengkulu City in 2018. This study uses an Analytical Descriptive with a cross-sectional approach. The population in this study were students of Vocational High School 16 Pharmacy in Bengkulu in 2018 from June 7 to June 8, the sample taken were 72 female students using Teknik Proporsional Stratified Random Sampling and Accidental Sampling technique. The results of this study revealed that almost most of the respondents (45.8%) experienced moderate stress, almost a portion of respondents (37.5%) had a category of fat nutritional status, most of the respondents (68.1%) experienced abnormal periods, there is a relationship between stress and menstrual cycle in Vocational High School 16 Pharmacy in Bengkulu in 2018  $p = 0.014$ , there is a relationship between nutritional status and menstrual cycle in Vocational High School 16 Pharmacy in Bengkulu 2018  $p = 0.024$ . It is expected that the students of Vocational High School 16 Pharmacy in Bengkulu will always maintain health and do good stress management because if the stressor appears it will greatly affect the menstrual cycle that can cause reproductive health problems to appear.*

**Keywords: Stress, Nutritional Status, Menstrual Cycle**