

The Relationship between Academic Stress and Physical Activity with the Menstrual Cycle in Female Students at Jember State Polytechnic

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ABSTRACT

Reproductive health is a good physical, mental, and social condition in all aspects related to the reproductive system. The purpose of this study was to identify the relationship between a woman's menstrual cycle, which is an important indicator of reproductive health, and the level of academic stress and physical activity in female students of Jember State Polytechnic. High academic pressure can cause reproductive hormone imbalance, while irregular physical activity can cause reproductive hormone imbalance. This study used a quantitative method with a correlational approach and a cross-sectional design, with a sample of 94 female students selected using a probability sampling technique with a simple random sampling method. The results of the bivariate test showed that there was no significant relationship between the level of academic stress and the menstrual cycle ($P\text{-Value} = 0.843$), and there was a significant relationship between physical activity and the menstrual cycle ($P\text{-Value} = 0.001$). Therefore, it is recommended that educational institutions improve education regarding stress management and the importance of balanced physical activity to maintain female students' reproductive health. Future researchers are advised to use a larger sample size and consider other variables that may influence the menstrual cycle to achieve more comprehensive research results.

Keywords: *Academic Stress, Physical Activity, Menstrual Cycle, Reproductive Health*