

**GEJALA *PREMENSTRUAL SYNDROME* (PMS) PADA MAHASISWI  
PRODI D-III KEPERAWATAN FAKULTAS ILMU KESEHATAN  
UNIVERSITAS BAKTI TUNAS HUSADA**

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**Gejala *Premenstrual Syndrome* (PMS) Pada Mahasiswi Prodi D-III Keperawatan  
Fakultas Ilmu Kesehatan Universitas Bakti Tunas Husada**

xii + 79 halaman + 6 tabel + 1 bagan + 13 lampiran

**ABSTRAK**

Gejala *premenstrual syndrome* (PMS) merupakan salah satu gangguan baik pada perubahan fisik, psikis dan perilaku dimana gangguan ini akan terjadi pada wanita reproduksi selama 7-14 hari menjelang menstruasi dan akan menghilang setelah darah menstruasi keluar. Tujuan penelitian ini untuk mengetahui gejala *premenstrual syndrome* (PMS) meliputi perubahan fisik, psikis dan perilaku semasa PMS pada mahasiswi Prodi D-III Keperawatan. Metode penelitian ini menggunakan metode deskriptif kuantitatif dengan alat kuesioner yang dibagikan melalui *google form* pada mahasiswi Prodi D-III Keperawatan Fakultas Ilmu Kesehatan Universitas Bakti Tunas Husada. Hasil penelitian ini menunjukkan perubahan fisik semasa *premenstrual syndrome* (PMS) yang sering dialami ialah nyeri perut bagian bawah (55.6%), perubahan psikis semasa *premenstrual syndrome* (PMS) yang sering dialami ialah mood menjadi labil (*mood swings*) (64.9%) dan perubahan perilaku semasa *premenstrual syndrome* (PMS) yang sering dialami ialah kelelahan (39.8%). Simpulan dari penelitian ini ialah gejala *premenstual syndrome* (PMS) mayoritas dialami oleh mahasiswi Prodi D-III Keperawatan terutama perubahan psikis hal ini disebabkan karena adanya ketidakseimbangan hormon tubuh pada wanita seperti hormon estrogen dan progesteron. Saran diharapkan mahasiswi dapat meningkatkan pengetahuan mengenai cara mengurangi dan mengatasi gejala *premenstrual syndrome* (PMS) yang dialami dengan tepat.

**Kata Kunci :** Gejala, *premenstrual syndrome* (PMS)

**Daftar Pustaka :** 21 (2012 – 2021)

**DIPLOMA III NURSING STUDY PROGRAM  
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Tasya Nabila Fitriani

**The Symptoms Of *Premenstrual Syndrome* (PMS) On Students Of Diploma-III Nursing Study Program Faculty Of Health Sciences Bakti Tunas Husada University**

xii + 79 pages + 6 tables + 1 chart + 13 appendices

**ABSTRACT**

The symptoms of *premenstrual syndrome* (PMS) is a one of the disorders both physical, psychological and behavioral changes where this disorder will occur in women for 7-14 days before menstruation and will disappear after menstruation comes out. The purpose of this study was to determine the symptoms of *premenstrual syndrome* (PMS) including physical, psychological and behavioral changes during PMS in Diploma-III Nursing students. This research method used a quatitative descriptive method with questionnaires distributed via *goole form* to students of the Diploma-III Nursing Study Program Faculty of Health Sciences Bakti Tunas Husada University. The result of this study showed that the physical changes during *premenstrual syndrome* (PMS) that experienced frequently were lower abdominal pain (55.6%). Psychological changes during *premenstrual syndrome* (PMS) that experienced frequently were *mood swing* (64.9%). Behavior changes during *premenstrual syndrome* (PMS) that experienced frequently were fatigue (39.8%). The conclusion of this study is that the Diploma-III Nursing students experienced *premenstrual syndrome* (PMS), especially psychological changes. This is dues to an imbalance in the body's hormones such as the estrogen and progesterone. It is recommeded that female students can increase their knowledge about how to reduce and overcome the symptoms of *premenstrual syndrome* (PMS) that were experienced appropriately.

**Keywords :** The symptoms, *premenstrual syndrome* (PMS)

**References :** 21 (2012-2021)