

Correlation Between the Level Of Anxiety And Menstrual Cycle During Covid -19 Pandemic In Female Adolescent

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CORRELATION BETWEEN THE LEVEL OF ANXIETY AND MENSTRUAL CYCLE DURING COVID-19 PANDEMIC IN FEMALE ADOLESCENT

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ABSTRACT

The high number of confirmed Covid-19 deaths and the wide spread of the outbreak are associated with risky adverse mental health impacts. Rates of mental disorders are increasing in adolescents and young adults. Studies show that there is an increased rate of symptoms of depression, anxiety, and post-traumatic stress among adolescents during the COVID-19 pandemic. In addition, most of the female population experience reproductive health problems related to psychological stress. Stress has an inhibitory effect on the hypothalamic pituitary gonadal (HPG) axis. Stress and stress hormones inhibit the release of GnRH from the hypothalamus, and glucocorticoids inhibit the release of Luteinizing hormone (LH) and the production of estrogen and progesterone by the ovaries. This study uses a quantitative design with a cross sectional approach. Determination of the sample in this study using purposive sampling, in order to obtain a sample of 88 respondents. Determination of adolescent anxiety and menstrual cycle using Zung Self-rating Anxiety Scale (ZSAS) instrument and a questionnaire compiled by the researcher, which is distributed via the google form link. Analysis of the data in this study using the Chi square test. This study aims to find correlation anxiety levels and menstrual cycles during the COVID-19 pandemic. The results of this study indicate that the majority of respondents are adolescents with mild anxiety levels (73,0%), followed by adolescents with moderate levels of anxiety (8,0%), adolescents with severe anxiety levels (9,1%). Adolescent menstrual cycle data obtained regular menstrual cycle (78,4%), and irregular menstrual cycle (21,6%). The results of this study there is no relationship between the level of anxiety with the menstrual cycle in adolescents. This may be due to other factors such as weight gain, longer working hours, and unhealthy eating patterns during the COVID-19 pandemic.

Keywords: anxiety levels, menstrual cycles, COVID-19

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