

**UNIVERSITI TEKNOLOGI MARA**

**STRESS LEVEL AMONG NURSING STUDENTS  
WITH DYSMENORRHEA IN UiTM  
PUNCAK ALAM**

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## **AUTHOR'S DECLARATION**

We hereby declare that this thesis entitled “stress level among students with dysmenorrhea in higher learning institution” was conducted and carried out under regulations of Universiti Teknologi MARA (UiTM). This thesis was submitted to the UiTM Puncak Alam in partial fulfillment of the requirements of the awards of the bachelor (Hons) of Nursing. This thesis has not been submitted to any other academic institutions or non-academic institutions for any degree or qualification purpose. This dissertation presented in this project is our own work and has been carried under supervision of Madam Rashidah binti Shahrudin.

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## **ABSTRACT**

**Background:** Dysmenorrhea is widely recognized as a gynecological in ladies of regenerative age and has an effect on quality of life among them.

**Objectives:** The aim of this study is to determine the stress level among female students in higher learning institution with dysmenorrhea.

**Method:** A cross-sectional study design are used on 126 respondents and using a self-answered questionnaire of depression, anxiety and stress scale (DASS) to measure the level of stress.

**Results:** Descriptive analysis showed that 87% of the students were experiencing dysmenorrhea and 98% experience stress. This study shows 47.6% (n=60/126) with mean 2.34 (SD=0.792) experience mild pain while 37.3% (n=47/126) with mean 15.254 (SD=4.95380) experience severe stress. It also shows significant between stress and dysmenorrhea ( $p < 0.001$ ) with  $r = 0.400$ .

**Conclusion:** This study conclude that students experience worse stress during menstruation with dysmenorrhea and may have an effect on their daily activities and performances.

**Keyword:** stress, dysmenorrhea, nursing student