

ABSTRACT

One of particular characteristic of women maturity, marked by menstruation. One of clinical condition that commonly happens during menstruation, is menstruation pain or dysmenorrhea. Insomnia as sleep disorder also can occur along with menstruation period in couples of appointed women. This research has mean in order to know the menstruation influence towards insomnia, which is there any correlation between dysmenorrheal during menstruation, within the tendency of insomnia that occurred.

This research is done by twice questionnaire stuffing, which first questionnaire was filled during menstruation period, while the second one was filled out of it. The subject of this research are 30 female students in Medical Faculty of Muhammadiyah University of Yogyakarta, year 1999, who have regular menstruation cycle range. About the significance of correlation between menstruation and insomnia, this research is using Chi-square non parametric statistical examination with uncorrected method.

From the measurement of sample's questionnaires, can be obtained 8 samples (26,66 %) had menstruation nuisance in appearance of dysmenorrhea and enduring insomnia on their menstruation cycle; 16 samples (53,33 %) had dysmenorrhea on them but not insomnia; sample who registered having no dysmenorrheal pain, but endured from insomnia (0 %); and 6 of them (20 %) noted suffered no dysmenorrhea nor insomnia.

The Chi-square statistical analytic result with significance rank 0,09, can be concluded that there is no important correlation ($p > 0,05$) between menstruation and insomnia.

Key Words: Menstruation - Insomnia