

ABSTRACT

Sabila, Fitria, Nur. 2025. *The Relationship Between Academic Stress and Junk Food Consumption with Menstrual Cycle Among Undergraduate Applied Nursing Students at Poltekkes Kemenkes Malang. Undergraduate Thesis, Applied Midwifery Study Program, Health Polytechnic of the Ministry of Health Malang. Supervisor: Dr. Susi Milwati, S.Kp., M.Pd.*

The menstrual cycle is an important indicator of female reproductive health. Menstrual cycle irregularities are often experienced by female college students and can be influenced by academic stress and junk food consumption habits. This study aims to determine the relationship between academic stress and junk food consumption with the menstrual cycle in female college students. This study used a correlation design with a cross-sectional approach. The sample amounted to 81 students of Bachelor of Applied Nursing Poltekkes Kemenkes Malang who were selected by proportional random sampling technique. Data were collected using the Perceived Sources of Academic Stress (PAS) questionnaire, Junk Food Intake Measure (JFIM), and menstrual cycle questionnaire. Data were analyzed using chi-square test. There was a significant relationship between academic stress level and menstrual cycle ($p = 0.023$), as well as a significant relationship between junk food consumption and menstrual cycle ($p = 0.001$). These results suggest that high academic stress and the habit of consuming junk food can be factors that play a role in the occurrence of menstrual cycle irregularities in female college students. These findings emphasize the importance of education on stress management and healthy eating patterns in an effort to maintain adolescent reproductive health.

Keywords: Menstrual Cycle, Junk Food, Academic Stress,