

DIFFERENCES IN ANXIETY OVER PREMENSTRUAL SYNDROME BETWEEN EARLY ADOLESCENCE AND LATE ADOLESCENCE WOMEN

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ABSTRACT

The beginning of adolescence is marked by the arrival of menstruation (menstruation) in women. Approaching menstruation, women generally experience anxiety. Due to different experiences, the possibility of anxiety will differ depending on the stage of development. The purpose of this study was to examine the differences in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women. The population of this study were adult women at the Jakarta Baptist Christian Church Youth Commission. This study used an incidental sampling technique. The data collection instrument used an anxiety scale arranged based on a Likert scale. From the results of data analysis, t count = 3.414 (t table = 1.935) and $p = 0.001$ (<0.05) were obtained. It can be concluded that there is a significant difference in anxiety in dealing with premenstrual syndrome between early adolescent women and late adolescent women at the Jakarta Baptist Christian Church Youth Commission.

Keywords: Anxiety, Premenstrual Syndrome, Early Adolescence with Late Adolescence Women.