

## DAFTAR PUSTAKA

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## LAMPIRAN

### Lampiran 1 *Informed Consent*

#### LEMBAR PERSETUJUAN RESPONDEN

Yang bertanda tangan dibawah ini:

Nama/Inisial : 

NIM : 

Angkatan : 2022

Umur : 17

Jenis kelamin : Perempuan

Setelah mendapatkan penjelasan dari peneliti terkait pemeriksaan yang akan diberikan, saya bersedia menjadi responden penelitian yang berjudul "Hubungan Antara Tingkat Stres dengan Kejadian Nyeri Kepala Primer pada Mahasiswa S1 Fisioterapi" yang akan dilakukan oleh Meilani Mahasiswa Program Studi S1 Fisioterapi Fakultas Keperawatan Universitas Hasanuddin.

Demikian lembar persetujuan ini dibuat dengan penuh kesadaran dan tanpa dipaksa dari pihak lain untuk dipergunakan sebagaimana mestinya.

Makassar, Februari 2023

Responden



**Penanggung Jawab Penelitian :**

Nama : Meilani

Alamat : Jalan Politeknik

Tlp/HP : 082292955020

Email : [mlani4756@gmail.com](mailto:mlani4756@gmail.com)



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## Lampiran 2 Surat Izin Penelitian



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN,  
RISET DAN TEKNOLOGI  
UNIVERSITAS HASANUDDIN  
FAKULTAS KEPERAWATAN  
Jl. Perintis Kemerdekaan Km. 10 Makassar 90245  
Laman : keperawatan@unhas.ac.id

No. : 490/UN4.18.1/PT.01.04/2022 6 Februari 2023  
Lamp. : -  
Hal : Permohonan Izin Penelitian

Yth. Ketua Program Studi Fisioterapi Fakultas Keperawatan Unhas.  
MAKASSAR

Dengan hormat disampaikan bahwa dalam rangka penyelesaian studi Mahasiswa Program Studi Fisioterapi, Fakultas Keperawatan Universitas Hasanuddin, maka dengan ini kami mohon agar mahasiswa tersebut namanya di bawah ini :

Nama : Meilani  
NIM : R021191060  
Program Studi : Fisioterapi  
Rencana Judul : Hubungan Antara Tingkat Stres dengan Kejadian Nyeri Kepala Primer pada Mahasiswa S1 Fisioterapi Fakultas Keperawatan Unhas.

Dapat diberikan izin melakukan penelitian di Program Studi Fisioterapi Fakultas Keperawatan Unhas yang akan dilaksanakan pada bulan **Februari s.d Maret 2023**. Adapun Metode pengambilan sampel/data dengan : *Pengisian Lembar Kuesioner (Offline), dengan tetap menerapkan protokol kesehatan.*

Besar harapan kami, agar permohonan izin ini dapat dipertimbangkan untuk diterima.

Demikian permohonan kami, atas perhatiannya disampaikan terima kasih.



Syaiful S. Kep, Ns, M.Kes., Ph.D.  
NIP. 19820419 200604 1 002

- Tembusan :
1. Dekan "sebagai laporan"
  2. Kepala Bagian Tata Usaha Fak. Keperawatan Unhas.
  3. Arsip





## Lampiran 3 Surat Telah Menyelesaikan Penelitian



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN,  
RISET DAN TEKNOLOGI  
**UNIVERSITAS HASANUDDIN**  
FAKULTAS KEPERAWATAN  
PROGRAM STUDI S1 FISIOTERAPI  
Jl. PERINTIS KEMERDEKAAN KM 10 MAKASSAR 90245 FAKULTAS KEPERAWATAN LANTAI 2  
email : keperawatan@unhas.ac.id

**SURAT - KETERANGAN**

Nomor : 681/UN4.18.B/PT.01.05/2023

Ketua Program Studi S1 Fisioterapi Fakultas Keperawatan Universitas Hasanuddin, menerangkan bahwa :

Nama : MEILANI  
NIM : R021191060  
Program Studi : S1 Fisioterapi  
Fakultas : Keperawatan Universitas Hasanuddin

Benar telah melaksanakan penelitian pada Program Studi S1 Fisioterapi Fakultas Keperawatan Universitas Hasanuddin dengan Judul Skripsi “**Hubungan Antara Tingkat Stres Dengan Kejadian Nyeri Kepala Primer Pada Mahasiswa S1 Fisioterapi Fakultas Keperawatan Universitas Hasanuddin**” yang dilaksanakan mulai tanggal 7 – 13 Februari 2023.

Demikian Surat keterangan ini di berikan kepada yang bersangkutan untuk dipergunakan sebagaimana mestinya, dalam rangka proses penyelesaian studi (Skripsi) pada Program Studi S1 Fisioterapi Fakultas Keperawatan Universitas Hasanuddin.

Makassar, 20 Februari 2023

Ketua Program Studi S1 Fisioterapi,



Andy Besse Ahsaniyah A.Hafid, S.Ft.,Physio.,M.Kes  
NIP.19901002 201803 2 001



## Lampiran 4 Surat Keterangan Lolos Kaji Etik



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN  
RISET, DAN TEKNOLOGI  
UNIVERSITAS HASANUDDIN  
FAKULTAS KESEHATAN MASYARAKAT  
Jl. Perintis Kemerdekaan Km. 10 Makassar 90245, Telp. (0411) 585658,  
E-mail : [fk.m.unhas@gmail.com](mailto:fk.m.unhas@gmail.com), website: <https://fk.m.unhas.ac.id/>

**REKOMENDASI PERSETUJUAN ETIK**

Nomor : 2128/UN4.14.1/TP.01.02/2023

Tanggal : 17 Februari 2023

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

|                                   |  |   |                             |
|-----------------------------------|--|---|-----------------------------|
| No. Protokol                      | 10223091024  | No. Sponsor Protokol  |                             |
| Peneliti Utama                    | Meilani  | Sponsor   | Pribadi                     |
| Judul Peneliti                    | <b>Hubungan Antara Tingkat Stres dengan Kejadian Nyeri Kepala Primer pada Mahasiswa Program Studi S1 Fisioterapi Fakultas Keperawatan Universitas Hasanuddin</b> |   |                             |
| No. Versi Protokol                | 1  | Tanggal Versi   | 10 Februari 2023            |
| No. Versi PSP                     | 1  | Tanggal Versi   | 10 Februari 2023            |
| Tempat Penelitian                 | <b>Fakultas Keperawatan Universitas Hasanuddin</b>   |   |                             |
| Judul Review                      | <input checked="" type="checkbox"/> Exempted<br><input type="checkbox"/> Expedited<br><input type="checkbox"/> Fullboard   | Masa Berlaku<br>17 Februari 2023 Sampai<br>17 Februari 2024 | Frekuensi review lanjutan   |
| Ketua Komisi Etik Penelitian      | Nama :<br>Prof.dr.Veni Hadju,M.Sc,Ph.D   | Tanda tangan  | Tanggal<br>17 Februari 2023 |
| Sekretaris komisi Etik Penelitian | Nama :<br>Dr. Wahiduddin, SKM.,M.Kes   | Tanda tangan  | Tanggal<br>17 Februari 2023 |

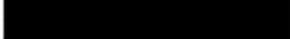

## Kewajiban Peneliti Utama :

1. Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
2. Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
3. Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
4. Menyerahkan laporan akhir setelah Penelitian berakhir
5. Melaporkan penyimpangan dari protocol yang disetujui (protocol deviation/violation)
6. Mematuhi semua peraturan yang ditentukan



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Lampiran 5 Alat Ukur *Depression Anxiety Stress Scale (DASS 42)***Kuesioner Depression Anxiety Stress Scales (DASS 42)**

Nama/Inisial :   
 NIM :   
 Angkatan : 2019  
 Umur : 20  
 Jenis kelamin : Pr  
 UKM dan Organisasi yang diikuti: 1. TBF  
 2. Hlmefisio

**Keterangan pengisian:**

0 : Tidak ada atau tidak pernah

1 : Sesuai dengan yang dialami sampai tingkat tertentu, atau kadang-kadang

2 : Sering

3 : Sangat sesuai dengan yang dialami, atau hampir setiap saat.

| No. | Aspek Penilaian   | 0 | 1 | 2 | 3 |
|-----|---|---|---|---|---|
| 1   | Menjadi marah karena hal-hal kecil/sepele   |   |   | ✓ |   |
| 2   | Mulut terasa kering   |   |   | ✓ |   |
| 3   | Tidak dapat melihat hal yang positif dari suatu kejadian                                |   |   | ✓ |   |
| 4   | Merasakan gangguan dalam bernapas (napas cepat, sulit bernapas)                         |   |   | ✓ |   |
| 5   | Merasa sepertinya tidak kuat lagi untuk melakukan suatu kegiatan                        |   |   | ✓ |   |
| 6   | Cenderung bereaksi berlebihan pada situasi  |   |   | ✓ |   |
| 7   | Kelemahan pada anggota tubuh  |   |   | ✓ |   |
| 8   | Kesulitan untuk relaksasi/bersantai   |   |   | ✓ |   |
| 9   | Cemas yang berlebihan dalam suatu situasi namun bisa lega jika hal/situasi itu berakhir |   |   | ✓ |   |
| 10  | Pesimis   |   |   | ✓ |   |
| 11  | Mudah merasa kesal  |   |   | ✓ |   |
| 12  | Merasa banyak menghabiskan energi karena cemas  |   |   |   | ✓ |

|    |   |  |   |   |
|----|---|--|---|---|
| 13 | Merasa sedih dan depresi  |  |   | ✓ |
| 14 | Tidak sabaran   |  | ✓ |   |
| 15 | Kelelahan   |  | ✓ |   |
| 16 | Kehilangan minat pada banyak hal (misal: makan, ambulasi, sosialisasi)                                  |  |   | ✓ |
| 17 | Merasa diri tidak layak   |  |   | ✓ |
| 18 | Mudah tersinggung   |  | ✓ |   |
| 19 | Berkeringat (misal: tangan berkeringat) tanpa stimulasi oleh cuaca maupun latihan fisik                 |  |   | ✓ |
| 20 | Ketakutan tanpa alasan yang jelas   |  |   | ✓ |
| 21 | Merasa hidup tidak berharga   |  | ✓ |   |
| 22 | Sulit untuk beristirahat  |  |   | ✓ |
| 23 | Kesulitan dalam menelan   |  |   | ✓ |
| 24 | Tidak dapat menikmati hal-hal yang saya lakukan   |  | ✓ |   |
| 25 | Perubahan kegiatan jantung dan denyut nadi tanpa stimulasi oleh latihan fisik                           |  | ✓ |   |
| 26 | Merasa hilang harapan dan putus asa   |  | ✓ |   |
| 27 | Mudah marah   |  |   | ✓ |
| 28 | Mudah panik   |  |   |   |
| 29 | Kesulitan untuk tenang setelah sesuatu yang mengganggu  |  | ✓ |   |
| 30 | Takut diri terhambat oleh tugas-tugas yang tidak biasa dilakukan  |  |   |   |
| 31 | Sulit untuk antusias pada banyak hal  |  |   |   |
| 32 | Sulit mentoleransi gangguan-gangguan terhadap hal yang sedang dilakukan                                 |  | ✓ |   |
| 33 | Berada pada keadaan tegang  |  | ✓ |   |
| 34 | Merasa tidak berharga   |  |   |   |
| 35 | Tidak dapat memaklumi hal apapun yang menghalangi anda untuk menyelesaikan hal yang sedang Anda lakukan |  | ✓ |   |
| 36 | Ketakutan   |  |   |   |

|    |   |   |   |  |  |
|----|---|---|---|--|--|
| 37 | Tidak ada harapan untuk masa depan  | ✓ |   |  |  |
| 38 | Merasa hidup tidak berarti  |   | ✓ |  |  |
| 39 | Mudah gelisah   |   | ✓ |  |  |
| 40 | Khawatir dengan situasi saat diri Anda mungkin menjadi panik dan mempermalukan diri sendiri |   | ✓ |  |  |
| 41 | Gemetar   |   | ✓ |  |  |
| 42 | Sulit untuk meningkatkan inisiatif dalam melakukan sesuatu                                  |   | ✓ |  |  |

Lampiran 6 Alat Ukur *Headache Intake Questionnaire Cleveland Clinic Canada***Headache Intake Questionnaire, Cleveland Clinic Canada**

1. Adakah anda menderita nyeri kepala dalam tiga bulan terakhir?  
 a) Ya  
 b) Tidak
2. Jika ya, berapa lama nyeri kepala tersebut berlangsung setiap serangan?  
 a) Kurang dari 30 menit  
 b) 30 menit- 7 hari  
 c) Lebih dari 7 hari  
 d) Beberapa jam atau terus menerus
3. Frekuensi nyeri kepala dalam sebulan:  
 a) Sepuluh episode serangan dengan rata-rata kurang dari satu hari/bulan (infrekuen)  
 b) Sepuluh episode serangan dalam 1-15 hari/bulan selama minimal 3 bulan (frekuen)  
 c) Lebih dari 15 hari/bulan selama lebih dari 3 bulan (kronis)
4. Tipe nyeri kepala:  
 a) Berdenyut  
 b) Tidak berdenyut (menekan/mengikat)
5. Lokasi nyeri kepala:  
 a) Bilateral atau dua sisi  
 b) Unilateral atau satu sisi
6. Aura (Visual (seperti melihat kilatan), Disfasia (kesulitan berbicara), Sensoris (seperti tusukan jarum, kesemutan atau kebas))  
 a) Ada

- Tidak ada
7. Gejala penyerta (mual, muntah, fotofobia atau sensitif terhadap cahaya, fonofobia atau sensitif terhadap suara, rinore atau pilek informal, lakrimasi atau mengeluarkan air mata, edema palpebral, dahi/wajah berkeringat ipsilateral, ptosis ipsilateral)
- a) Ada
- Tidak ada
8. Intensitas nyeri kepala yang biasa dirasakan setiap kali serangan:
- Ringan: Numeric Pain Rating Scale (NPRS) poin 1-4
- b) Sedang: Numeric Pain Rating Scale (NPRS) poin 5-7
- c) Berat: Numeric Pain Rating Scale (NPRS) poin 8-10
9. Bertambah berat karena aktivitas?
- Ya
- b) Tidak

Jika Ya, maka sebutkan aktivitas apa.....

10. Faktor Pencetus

- Stres (Akademik dan non akademik atau faktor interpersonal)
- Kualitas tidur terganggu (atau faktor interpersonal lain seperti masalah ekonomi, pola makan dll)
  - Pekerjaan melelahkan
  - Menstruasi
  - Bau menyengat
  - Cahaya terang
  - Alkohol
  - Obat-obatan

Lain-lain.....

11. Tindakan yang dilakukan untuk mengurangi nyeri kepala?

Tidur atau istirahat

Minum obat (Sebutkan nama obatnya.....)

12. Awitan (awal merasakan) pertama kali nyeri kepala saat berumur (sebutkan) :.....19.....

13. Riwayat keluarga sering nyeri kepala?

a) Ya

Tidak

14. Tipe nyeri kepala yang diderita: (diisi oleh peneliti) M

## Lampiran 7 Hasil Olah Data SPSS

**Statistics Karakteristik Responden**

|   |         | TAHUN<br>AKADEMIK | USIA | JENIS KELAMIN |
|---|---------|-------------------|------|---------------|
| N | Valid   | 152               | 152  | 152           |
|   | Missing | 0                 | 0    | 0             |

**TAHUN AKADEMIK**

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | 2019  | 39        | 25.7    | 25.7          | 25.7                  |
|       | 2020  | 32        | 21.1    | 21.1          | 46.7                  |
|       | 2021  | 26        | 17.1    | 17.1          | 63.8                  |
|       | 2022  | 55        | 36.2    | 36.2          | 100.0                 |
|       | Total | 152       | 100.0   | 100.0         |                       |

**Usia**

|       |             | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------------|-----------|---------|---------------|-----------------------|
| Valid | Remaja Tua  | 72        | 47.4    | 47.4          | 47.4                  |
|       | Dewasa Muda | 80        | 52.6    | 52.6          | 100.0                 |
|       | Total       | 152       | 100.0   | 100.0         |                       |

**JENIS KELAMIN**

|       |           | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-----------|-----------|---------|---------------|-----------------------|
| Valid | PEREMPUAN | 129       | 84.9    | 84.9          | 84.9                  |
|       | LAKI-LAKI | 23        | 15.1    | 15.1          | 100.0                 |
|       | Total     | 152       | 100.0   | 100.0         |                       |

**Statistics Tingkat Stres Responden****Statistics**

## TINGKAT STRES

|   |         |     |
|---|---------|-----|
| N | Valid   | 152 |
|   | Missing | 0   |



### Case Processing Summary

|                                      | Valid |         | Cases Missing |         | Total |         |
|--------------------------------------|-------|---------|---------------|---------|-------|---------|
|                                      | N     | Percent | N             | Percent | N     | Percent |
| TINGKAT STRES *<br>JENIS KELAMIN     | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| TINGKAT STRES *<br>USIA              | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| TINGKAT STRES *<br>TAHUN<br>AKADEMIK | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |

### TINGKAT STRES

|       |                 | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------------|-----------|---------|---------------|--------------------|
| Valid | NORMAL          | 56        | 36.8    | 36.8          | 36.8               |
|       | RINGAN          | 34        | 22.4    | 22.4          | 59.2               |
|       | SEDANG          | 40        | 26.3    | 26.3          | 85.5               |
|       | PARAH           | 16        | 10.5    | 10.5          | 96.1               |
|       | SANGAT<br>PARAH | 6         | 3.9     | 3.9           | 100.0              |
|       | Total           | 152       | 100.0   | 100.0         |                    |

### Tingkat Stres \* Jenis Kelamin Crosstabulation

|               |        | Jenis Kelamin          |           | Total |        |
|---------------|--------|------------------------|-----------|-------|--------|
|               |        | Perempuan              | Laki-laki |       |        |
| Tingkat Stres | Normal | Count                  | 48        | 8     | 56     |
|               |        | Expected Count         | 47.5      | 8.5   | 56.0   |
|               |        | % within Tingkat Stres | 85.7%     | 14.3% | 100.0% |
|               |        | % within Jenis Kelamin | 37.2%     | 34.8% | 36.8%  |
|               |        | % of Total             | 31.6%     | 5.3%  | 36.8%  |
|               | Ringan | Count                  | 28        | 6     | 34     |
|               |        | Expected Count         | 28.9      | 5.1   | 34.0   |
|               |        | % within Tingkat Stres | 82.4%     | 17.6% | 100.0% |
|               |        | % within Jenis Kelamin | 21.7%     | 26.1% | 22.4%  |

|       |              |                        |        |        |        |
|-------|--------------|------------------------|--------|--------|--------|
|       |              |                        |        |        |        |
|       |              | % of Total             | 18.4%  | 3.9%   | 22.4%  |
|       | Sedang       | Count                  | 34     | 6      | 40     |
|       |              | Expected Count         | 33.9   | 6.1    | 40.0   |
|       |              | % within Tingkat Stres | 85.0%  | 15.0%  | 100.0% |
|       |              | % within Jenis Kelamin | 26.4%  | 26.1%  | 26.3%  |
|       |              | % of Total             | 22.4%  | 3.9%   | 26.3%  |
|       | Parah        | Count                  | 14     | 2      | 16     |
|       |              | Expected Count         | 13.6   | 2.4    | 16.0   |
|       |              | % within Tingkat Stres | 87.5%  | 12.5%  | 100.0% |
|       |              | % within Jenis Kelamin | 10.9%  | 8.7%   | 10.5%  |
|       |              | % of Total             | 9.2%   | 1.3%   | 10.5%  |
|       | Sangat Parah | Count                  | 5      | 1      | 6      |
|       |              | Expected Count         | 5.1    | .9     | 6.0    |
|       |              | % within Tingkat Stres | 83.3%  | 16.7%  | 100.0% |
|       |              | % within Jenis Kelamin | 3.9%   | 4.3%   | 3.9%   |
|       |              | % of Total             | 3.3%   | 0.7%   | 3.9%   |
| Total |              | Count                  | 129    | 23     | 152    |
|       |              | Expected Count         | 129.0  | 23.0   | 152.0  |
|       |              | % within Tingkat Stres | 84.9%  | 15.1%  | 100.0% |
|       |              | % within Jenis Kelamin | 100.0% | 100.0% | 100.0% |
|       |              | % of Total             | 84.9%  | 15.1%  | 100.0% |

### Tingkat Stres \* Usia Crosstabulation

|               |                        | Usia                   |             |        |        |
|---------------|------------------------|------------------------|-------------|--------|--------|
|               |                        | Remaja Tua             | Dewasa Muda | Total  |        |
| Tingkat Stres | Normal                 | Count                  | 30          | 26     | 56     |
|               |                        | Expected Count         | 26.5        | 29.5   | 56.0   |
|               |                        | % within Tingkat Stres | 53.6%       | 46.4%  | 100.0% |
|               |                        | % within Usia          | 41.7%       | 32.5%  | 36.8%  |
|               |                        | % of Total             | 19.7%       | 17.1%  | 36.8%  |
|               | Ringan                 | Count                  | 20          | 14     | 34     |
|               |                        | Expected Count         | 16.1        | 17.9   | 34.0   |
|               |                        | % within Tingkat Stres | 58.8%       | 41.2%  | 100.0% |
|               |                        | % within Usia          | 27.8%       | 17.5%  | 22.4%  |
|               |                        | % of Total             | 13.2%       | 9.2%   | 22.4%  |
|               | Sedang                 | Count                  | 14          | 26     | 40     |
|               |                        | Expected Count         | 18.9        | 21.1   | 40.0   |
|               |                        | % within Tingkat Stres | 35.0%       | 65.0%  | 100.0% |
|               |                        | % within Usia          | 19.4%       | 32.5%  | 26.3%  |
|               |                        | % of Total             | 9.2%        | 17.1%  | 26.3%  |
|               | Parah                  | Count                  | 5           | 11     | 16     |
|               |                        | Expected Count         | 7.6         | 8.4    | 16.0   |
|               |                        | % within Tingkat Stres | 31.3%       | 68.8%  | 100.0% |
|               |                        | % within Usia          | 6.9%        | 13.8%  | 10.5%  |
|               |                        | % of Total             | 3.3%        | 7.2%   | 10.5%  |
| Sangat Parah  | Count                  | 3                      | 3           | 6      |        |
|               | Expected Count         | 2.8                    | 3.2         | 6.0    |        |
|               | % within Tingkat Stres | 50.0%                  | 50.0%       | 100.0% |        |
|               | % within Usia          | 4.2%                   | 3.8%        | 3.9%   |        |
|               | % of Total             | 2.0%                   | 2.0%        | 3.9%   |        |
| Total         | Count                  | 72                     | 80          | 152    |        |
|               | Expected Count         | 72.0                   | 80.0        | 152.0  |        |
|               | % within Tingkat Stres | 47.4%                  | 52.6%       | 100.0% |        |
|               | % within Usia          | 100.0%                 | 100.0%      | 100.0% |        |
|               | % of Total             | 47.4%                  | 52.6%       | 100.0% |        |

**Tingkat Stres \* Tahun Akademik Crosstabulation**

|               |        | Tahun Akademik          |       |       |       |       |        |
|---------------|--------|-------------------------|-------|-------|-------|-------|--------|
|               |        | 2019                    | 2020  | 2021  | 2022  | Total |        |
| Tingkat Stres | Normal | Count                   | 13    | 11    | 12    | 20    | 56     |
|               |        | Expected Count          | 14.4  | 11.8  | 9.6   | 20.3  | 56.0   |
|               |        | % within Tingkat Stres  | 23.2% | 19.6% | 21.4% | 35.7% | 100.0% |
|               |        | % within Tahun Akademik | 33.3% | 34.4% | 46.2% | 36.4% | 36.8%  |
|               |        | % of Total              | 8.6%  | 7.2%  | 7.9%  | 13.2% | 36.8%  |
| Ringan        |        | Count                   | 7     | 4     | 7     | 16    | 34     |
|               |        | Expected Count          | 8.7   | 7.2   | 5.8   | 12.3  | 34.0   |
|               |        | % within Tingkat Stres  | 20.6% | 11.8% | 20.6% | 47.1% | 100.0% |
|               |        | % within Tahun Akademik | 17.9% | 12.5% | 26.9% | 29.1% | 22.4%  |
|               |        | % of Total              | 4.6%  | 2.6%  | 4.6%  | 10.5% | 22.4%  |
| Sedang        |        | Count                   | 8     | 15    | 6     | 11    | 40     |
|               |        | Expected Count          | 10.3  | 8.4   | 6.8   | 14.5  | 40.0   |
|               |        | % within Tingkat Stres  | 20.0% | 37.5% | 15.0% | 27.5% | 100.0% |
|               |        | % within Tahun Akademik | 20.5% | 46.9% | 23.1% | 20.0% | 26.3%  |
|               |        | % of Total              | 5.3%  | 9.9%  | 3.9%  | 7.2%  | 26.3%  |
| Parah         |        | Count                   | 8     | 2     | 1     | 5     | 16     |
|               |        | Expected Count          | 4.1   | 3.4   | 2.7   | 5.8   | 16.0   |
|               |        | % within Tingkat Stres  | 50.0% | 12.5% | 6.3%  | 31.3% | 100.0% |
|               |        | % within Tahun Akademik | 20.5% | 6.3%  | 3.8%  | 9.1%  | 10.5%  |
|               |        | % of Total              | 5.3%  | 1.3%  | 0.7%  | 3.3%  | 10.5%  |
| Sangat Parah  |        | Count                   | 3     | 0     | 0     | 3     | 6      |
|               |        | Expected Count          | 1.5   | 1.3   | 1.0   | 2.2   | 6.0    |
|               |        | % within Tingkat Stres  | 50.0% | 0.0%  | 0.0%  | 50.0% | 100.0% |
|               |        | % within Tahun Akademik | 7.7%  | 0.0%  | 0.0%  | 5.5%  | 3.9%   |
|               |        | % of Total              | 2.0%  | 0.0%  | 0.0%  | 2.0%  | 3.9%   |
| Total         |        | Count                   | 39    | 32    | 26    | 55    | 152    |
|               |        | Expected Count          | 39.0  | 32.0  | 26.0  | 55.0  | 152.0  |

|                         |        |        |        |        |        |
|-------------------------|--------|--------|--------|--------|--------|
| % within Tingkat Stres  | 25.7%  | 21.1%  | 17.1%  | 36.2%  | 100.0% |
| % within Tahun Akademik | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% |
| % of Total              | 25.7%  | 21.1%  | 17.1%  | 36.2%  | 100.0% |

### **Statistics Hasil Nyeri Kepala Primer**

#### **Statistics**

|   |         | HASIL NKP | TIPE NKP | SKALA NRS |
|---|---------|-----------|----------|-----------|
| N | Valid   | 152       | 152      | 152       |
|   | Missing | 0         | 0        | 0         |

#### **HASIL NKP**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | YA    | 115       | 75.7    | 75.7          | 75.7               |
|       | TIDAK | 37        | 24.3    | 24.3          | 100.0              |
|       | Total | 152       | 100.0   | 100.0         |                    |

#### **TIPE NKP**

|       |        | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | TIDAK  | 37        | 24.3    | 24.3          | 24.3               |
|       | MIGRAN | 44        | 28.9    | 28.9          | 53.3               |
|       | TTH    | 65        | 42.8    | 42.8          | 96.1               |
|       | CH     | 6         | 3.9     | 3.9           | 100.0              |
|       | Total  | 152       | 100.0   | 100.0         |                    |

#### **SKALA NRS**

|       |           | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | TIDAK NKP | 37        | 24.3    | 24.3          | 24.3               |
|       | RINGAN    | 60        | 39.5    | 39.5          | 63.8               |
|       | SEDANG    | 53        | 34.9    | 34.9          | 98.7               |

|       |     |       |       |       |
|-------|-----|-------|-------|-------|
| BERAT | 2   | 1.3   | 1.3   | 100.0 |
| Total | 152 | 100.0 | 100.0 |       |

### Case Processing Summary

|                            | Valid |         | Cases Missing |         | Total |         |
|----------------------------|-------|---------|---------------|---------|-------|---------|
|                            | N     | Percent | N             | Percent | N     | Percent |
| HASIL NKP * JENIS KELAMIN  | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| HASIL NKP * USIA           | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| HASIL NKP * TAHUN AKADEMIK | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| TIPE NKP * JENIS KELAMIN   | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| TIPE NKP * USIA            | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| TIPE NKP * TAHUN AKADEMIK  | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| SKALA NRS * JENIS KELAMIN  | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| SKALA NRS * USIA           | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |
| SKALA NRS * TAHUN AKADEMIK | 152   | 100.0%  | 0             | 0.0%    | 152   | 100.0%  |

### Nyeri Kepala Primer \* Jenis Kelamin Crosstabulation

|                     |       | Jenis Kelamin                |           | Total |        |
|---------------------|-------|------------------------------|-----------|-------|--------|
|                     |       | Perempuan                    | Laki-laki |       |        |
| Nyeri Kepala Primer | Ya    | Count                        | 101       | 14    | 115    |
|                     |       | Expected Count               | 97.6      | 17.4  | 115.0  |
|                     |       | % within Nyeri Kepala Primer | 87.8%     | 12.2% | 100.0% |
|                     |       | % within Jenis Kelamin       | 78.3%     | 60.9% | 75.7%  |
|                     |       | % of Total                   | 66.4%     | 9.2%  | 75.7%  |
|                     | Tidak | Count                        | 28        | 9     | 37     |
|                     |       | Expected Count               | 31.4      | 5.6   | 37.0   |
|                     |       | % within Nyeri Kepala Primer | 75.7%     | 24.3% | 100.0% |
|                     |       | % within Jenis Kelamin       | 21.7%     | 39.1% | 24.3%  |
|                     |       | % of Total                   | 18.4%     | 5.9%  | 24.3%  |
| Total               | Count | 129                          | 23        | 152   |        |

|                              |        |        |        |
|------------------------------|--------|--------|--------|
| Expected Count               | 129.0  | 23.0   | 152.0  |
| % within Nyeri Kepala Primer | 84.9%  | 15.1%  | 100.0% |
| % within Jenis Kelamin       | 100.0% | 100.0% | 100.0% |
| % of Total                   | 84.9%  | 15.1%  | 100.0% |

### Nyeri Kepala Primer \* Usia Crosstabulation

|                     |                              | Usia                         |             | Total  |        |
|---------------------|------------------------------|------------------------------|-------------|--------|--------|
|                     |                              | Remaja Tua                   | Dewasa Muda |        |        |
| Nyeri Kepala Primer | Ya                           | Count                        | 47          | 68     | 115    |
|                     |                              | Expected Count               | 54.5        | 60.5   | 115.0  |
|                     |                              | % within Nyeri Kepala Primer | 40.9%       | 59.1%  | 100.0% |
|                     |                              | % within Usia                | 65.3%       | 85.0%  | 75.7%  |
|                     |                              | % of Total                   | 30.9%       | 44.7%  | 75.7%  |
|                     | Tidak                        | Count                        | 25          | 12     | 37     |
|                     |                              | Expected Count               | 17.5        | 19.5   | 37.0   |
|                     |                              | % within Nyeri Kepala Primer | 67.6%       | 32.4%  | 100.0% |
|                     |                              | % within Usia                | 34.7%       | 15.0%  | 24.3%  |
|                     |                              | % of Total                   | 16.4%       | 7.9%   | 24.3%  |
| Total               | Count                        | 72                           | 80          | 152    |        |
|                     | Expected Count               | 72.0                         | 80.0        | 152.0  |        |
|                     | % within Nyeri Kepala Primer | 47.4%                        | 52.6%       | 100.0% |        |
|                     | % within Usia                | 100.0%                       | 100.0%      | 100.0% |        |
|                     | % of Total                   | 47.4%                        | 52.6%       | 100.0% |        |

### Nyeri Kepala Primer \* Tahun Akademik Crosstabulation

|                     |                              | Tahun Akademik               |        |        |        | Total  |        |
|---------------------|------------------------------|------------------------------|--------|--------|--------|--------|--------|
|                     |                              | 2019                         | 2020   | 2021   | 2022   |        |        |
| Nyeri Kepala Primer | Ya                           | Count                        | 33     | 28     | 14     | 40     | 115    |
|                     |                              | Expected Count               | 29.5   | 24.2   | 19.7   | 41.6   | 115.0  |
|                     |                              | % within Nyeri Kepala Primer | 28.7%  | 24.3%  | 12.2%  | 34.8%  | 100.0% |
|                     |                              | % within Tahun Akademik      | 84.6%  | 87.5%  | 53.8%  | 72.7%  | 75.7%  |
|                     |                              | % of Total                   | 21.7%  | 18.4%  | 9.2%   | 26.3%  | 75.7%  |
|                     | Tidak                        | Count                        | 6      | 4      | 12     | 15     | 37     |
|                     |                              | Expected Count               | 9.5    | 7.8    | 6.3    | 13.4   | 37.0   |
|                     |                              | % within Nyeri Kepala Primer | 16.2%  | 10.8%  | 32.4%  | 40.5%  | 100.0% |
|                     |                              | % within Tahun Akademik      | 15.4%  | 12.5%  | 46.2%  | 27.3%  | 24.3%  |
|                     |                              | % of Total                   | 3.9%   | 2.6%   | 7.9%   | 9.9%   | 24.3%  |
| Total               | Count                        | 39                           | 32     | 26     | 55     | 152    |        |
|                     | Expected Count               | 39.0                         | 32.0   | 26.0   | 55.0   | 152.0  |        |
|                     | % within Nyeri Kepala Primer | 25.7%                        | 21.1%  | 17.1%  | 36.2%  | 100.0% |        |
|                     | % within Tahun Akademik      | 100.0%                       | 100.0% | 100.0% | 100.0% | 100.0% |        |
|                     | % of Total                   | 25.7%                        | 21.1%  | 17.1%  | 36.2%  | 100.0% |        |

### Jenis Nyeri Kepala Primer \* Jenis Kelamin Crosstabulation

|                           |           | Jenis Kelamin                      |           | Total |        |
|---------------------------|-----------|------------------------------------|-----------|-------|--------|
|                           |           | Perempuan                          | Laki-laki |       |        |
| Jenis Nyeri Kepala Primer | TIDAK NKP | Count                              | 28        | 9     | 37     |
|                           |           | Expected Count                     | 31.4      | 5.6   | 37.0   |
|                           |           | % within Jenis Nyeri Kepala Primer | 75.7%     | 24.3% | 100.0% |
|                           |           | % within Jenis Kelamin             | 21.7%     | 39.1% | 24.3%  |
|                           |           | % of Total                         | 18.4%     | 5.9%  | 24.3%  |
|                           | MIGRAIN   | Count                              | 36        | 8     | 44     |
|                           |           | Expected Count                     | 37.3      | 6.7   | 44.0   |
|                           |           | % within Jenis Nyeri Kepala Primer | 81.8%     | 18.2% | 100.0% |
|                           |           | % within Jenis Kelamin             | 27.9%     | 34.8% | 28.9%  |
|                           |           | % of Total                         | 23.7%     | 5.3%  | 28.9%  |
|                           | TTH       | Count                              | 59        | 6     | 65     |
|                           |           | Expected Count                     | 55.2      | 9.8   | 65.0   |



|         |                                       |        |        |        |
|---------|---------------------------------------|--------|--------|--------|
|         | % within Jenis Nyeri<br>Kepala Primer | 90.8%  | 9.2%   | 100.0% |
|         | % within Jenis Kelamin                | 45.7%  | 26.1%  | 42.8%  |
|         | % of Total                            | 38.8%  | 3.9%   | 42.8%  |
| CLUSTER | Count                                 | 6      | 0      | 6      |
|         | Expected Count                        | 5.1    | .9     | 6.0    |
|         | % within Jenis Nyeri<br>Kepala Primer | 100.0% | 0.0%   | 100.0% |
|         | % within Jenis Kelamin                | 4.7%   | 0.0%   | 3.9%   |
|         | % of Total                            | 3.9%   | 0.0%   | 3.9%   |
| Total   | Count                                 | 129    | 23     | 152    |
|         | Expected Count                        | 129.0  | 23.0   | 152.0  |
|         | % within Jenis Nyeri<br>Kepala Primer | 84.9%  | 15.1%  | 100.0% |
|         | % within Jenis Kelamin                | 100.0% | 100.0% | 100.0% |
|         | % of Total                            | 84.9%  | 15.1%  | 100.0% |

### Jenis Nyeri Kepala Primer \* Usia Crosstabulation

|                              |                                       |                                       | Usia          |                | Total  |
|------------------------------|---------------------------------------|---------------------------------------|---------------|----------------|--------|
|                              |                                       |                                       | Remaja<br>Tua | Dewasa<br>Muda |        |
| Jenis Nyeri Kepala<br>Primer | TIDAK<br>NKP                          | Count                                 | 25            | 12             | 37     |
|                              |                                       | Expected Count                        | 17.5          | 19.5           | 37.0   |
|                              |                                       | % within Jenis Nyeri<br>Kepala Primer | 67.6%         | 32.4%          | 100.0% |
|                              |                                       | % within Usia                         | 34.7%         | 15.0%          | 24.3%  |
|                              |                                       | % of Total                            | 16.4%         | 7.9%           | 24.3%  |
|                              | MIGRAIN                               | Count                                 | 19            | 25             | 44     |
|                              |                                       | Expected Count                        | 20.8          | 23.2           | 44.0   |
|                              |                                       | % within Jenis Nyeri<br>Kepala Primer | 43.2%         | 56.8%          | 100.0% |
|                              |                                       | % within Usia                         | 26.4%         | 31.3%          | 28.9%  |
|                              |                                       | % of Total                            | 12.5%         | 16.4%          | 28.9%  |
|                              | TTH                                   | Count                                 | 24            | 41             | 65     |
|                              |                                       | Expected Count                        | 30.8          | 34.2           | 65.0   |
|                              |                                       | % within Jenis Nyeri<br>Kepala Primer | 36.9%         | 63.1%          | 100.0% |
|                              |                                       | % within Usia                         | 33.3%         | 51.2%          | 42.8%  |
|                              |                                       | % of Total                            | 15.8%         | 27.0%          | 42.8%  |
|                              | CLUSTER                               | Count                                 | 4             | 2              | 6      |
|                              |                                       | Expected Count                        | 2.8           | 3.2            | 6.0    |
|                              |                                       | % within Jenis Nyeri<br>Kepala Primer | 66.7%         | 33.3%          | 100.0% |
|                              |                                       | % within Usia                         | 5.6%          | 2.5%           | 3.9%   |
|                              |                                       | % of Total                            | 2.6%          | 1.3%           | 3.9%   |
| Total                        | Count                                 | 72                                    | 80            | 152            |        |
|                              | Expected Count                        | 72.0                                  | 80.0          | 152.0          |        |
|                              | % within Jenis Nyeri<br>Kepala Primer | 47.4%                                 | 52.6%         | 100.0%         |        |
|                              | % within Usia                         | 100.0%                                | 100.0%        | 100.0%         |        |
|                              | % of Total                            | 47.4%                                 | 52.6%         | 100.0%         |        |

### Jenis Nyeri Kepala Primer \* Tahun Akademik Crosstabulation

|       |  | Tahun Akademik |      |      |      | Total |
|-------|--|----------------|------|------|------|-------|
|       |  | 2019           | 2020 | 2021 | 2022 |       |
| Count |  | 6              | 4    | 12   | 15   | 37    |

|                                    |           |                                    |        |        |        |        |        |
|------------------------------------|-----------|------------------------------------|--------|--------|--------|--------|--------|
| Jenis Nyeri Kepala Primer          | TIDAK NKP | Expected Count                     | 9.5    | 7.8    | 6.3    | 13.4   | 37.0   |
|                                    |           | % within Jenis Nyeri Kepala Primer | 16.2%  | 10.8%  | 32.4%  | 40.5%  | 100.0% |
|                                    |           | % within Tahun Akademik            | 15.4%  | 12.5%  | 46.2%  | 27.3%  | 24.3%  |
|                                    |           | % of Total                         | 3.9%   | 2.6%   | 7.9%   | 9.9%   | 24.3%  |
|                                    | MIGRAIN   | Count                              | 13     | 10     | 8      | 13     | 44     |
|                                    |           | Expected Count                     | 11.3   | 9.3    | 7.5    | 15.9   | 44.0   |
|                                    |           | % within Jenis Nyeri Kepala Primer | 29.5%  | 22.7%  | 18.2%  | 29.5%  | 100.0% |
|                                    |           | % within Tahun Akademik            | 33.3%  | 31.3%  | 30.8%  | 23.6%  | 28.9%  |
|                                    |           | % of Total                         | 8.6%   | 6.6%   | 5.3%   | 8.6%   | 28.9%  |
|                                    | TTH       | Count                              | 19     | 18     | 6      | 22     | 65     |
|                                    |           | Expected Count                     | 16.7   | 13.7   | 11.1   | 23.5   | 65.0   |
|                                    |           | % within Jenis Nyeri Kepala Primer | 29.2%  | 27.7%  | 9.2%   | 33.8%  | 100.0% |
|                                    |           | % within Tahun Akademik            | 48.7%  | 56.3%  | 23.1%  | 40.0%  | 42.8%  |
|                                    |           | % of Total                         | 12.5%  | 11.8%  | 3.9%   | 14.5%  | 42.8%  |
|                                    | CLUSTER   | Count                              | 1      | 0      | 0      | 5      | 6      |
|                                    |           | Expected Count                     | 1.5    | 1.3    | 1.0    | 2.2    | 6.0    |
|                                    |           | % within Jenis Nyeri Kepala Primer | 16.7%  | 0.0%   | 0.0%   | 83.3%  | 100.0% |
|                                    |           | % within Tahun Akademik            | 2.6%   | 0.0%   | 0.0%   | 9.1%   | 3.9%   |
|                                    |           | % of Total                         | 0.7%   | 0.0%   | 0.0%   | 3.3%   | 3.9%   |
|                                    | Total     | Count                              | 39     | 32     | 26     | 55     | 152    |
| Expected Count                     |           | 39.0                               | 32.0   | 26.0   | 55.0   | 152.0  |        |
| % within Jenis Nyeri Kepala Primer |           | 25.7%                              | 21.1%  | 17.1%  | 36.2%  | 100.0% |        |
| % within Tahun Akademik            |           | 100.0%                             | 100.0% | 100.0% | 100.0% | 100.0% |        |
| % of Total                         |           | 25.7%                              | 21.1%  | 17.1%  | 36.2%  | 100.0% |        |

#### Numerical Rating Scale \* Jenis Kelamin Crosstabulation

|                        |           | Jenis Kelamin |           | Total |    |
|------------------------|-----------|---------------|-----------|-------|----|
|                        |           | Perempuan     | Laki-laki |       |    |
| Numerical Rating Scale | TIDAK NKP | Count         | 28        | 9     | 37 |

|        |                                 |        |        |        |
|--------|---------------------------------|--------|--------|--------|
|        | Expected Count                  | 31.4   | 5.6    | 37.0   |
|        | % within Numerical Rating Scale | 75.7%  | 24.3%  | 100.0% |
|        | % within Jenis Kelamin          | 21.7%  | 39.1%  | 24.3%  |
|        | % of Total                      | 18.4%  | 5.9%   | 24.3%  |
| RINGAN | Count                           | 54     | 6      | 60     |
|        | Expected Count                  | 50.9   | 9.1    | 60.0   |
|        | % within Numerical Rating Scale | 90.0%  | 10.0%  | 100.0% |
|        | % within Jenis Kelamin          | 41.9%  | 26.1%  | 39.5%  |
|        | % of Total                      | 35.5%  | 3.9%   | 39.5%  |
| SEDANG | Count                           | 45     | 8      | 53     |
|        | Expected Count                  | 45.0   | 8.0    | 53.0   |
|        | % within Numerical Rating Scale | 84.9%  | 15.1%  | 100.0% |
|        | % within Jenis Kelamin          | 34.9%  | 34.8%  | 34.9%  |
|        | % of Total                      | 29.6%  | 5.3%   | 34.9%  |
| BERAT  | Count                           | 2      | 0      | 2      |
|        | Expected Count                  | 1.7    | .3     | 2.0    |
|        | % within Numerical Rating Scale | 100.0% | 0.0%   | 100.0% |
|        | % within Jenis Kelamin          | 1.6%   | 0.0%   | 1.3%   |
|        | % of Total                      | 1.3%   | 0.0%   | 1.3%   |
| Total  | Count                           | 129    | 23     | 152    |
|        | Expected Count                  | 129.0  | 23.0   | 152.0  |
|        | % within Numerical Rating Scale | 84.9%  | 15.1%  | 100.0% |
|        | % within Jenis Kelamin          | 100.0% | 100.0% | 100.0% |
|        | % of Total                      | 84.9%  | 15.1%  | 100.0% |

### Numerical Rating Scale \* Usia Crosstabulation

|                                  |                                 | Usia       |             | Total  |
|----------------------------------|---------------------------------|------------|-------------|--------|
|                                  |                                 | Remaja Tua | Dewasa Muda |        |
| Numerical Rating Scale TIDAK NKP | Count                           | 25         | 12          | 37     |
|                                  | Expected Count                  | 17.5       | 19.5        | 37.0   |
|                                  | % within Numerical Rating Scale | 67.6%      | 32.4%       | 100.0% |
|                                  | % within Usia                   | 34.7%      | 15.0%       | 24.3%  |
|                                  | % of Total                      | 16.4%      | 7.9%        | 24.3%  |

|       |                                 |                                 |        |        |        |
|-------|---------------------------------|---------------------------------|--------|--------|--------|
|       | RINGAN                          | Count                           | 25     | 35     | 60     |
|       |                                 | Expected Count                  | 28.4   | 31.6   | 60.0   |
|       |                                 | % within Numerical Rating Scale | 41.7%  | 58.3%  | 100.0% |
|       |                                 | % within Usia                   | 34.7%  | 43.8%  | 39.5%  |
|       |                                 | % of Total                      | 16.4%  | 23.0%  | 39.5%  |
|       | SEDANG                          | Count                           | 22     | 31     | 53     |
|       |                                 | Expected Count                  | 25.1   | 27.9   | 53.0   |
|       |                                 | % within Numerical Rating Scale | 41.5%  | 58.5%  | 100.0% |
|       |                                 | % within Usia                   | 30.6%  | 38.8%  | 34.9%  |
|       |                                 | % of Total                      | 14.5%  | 20.4%  | 34.9%  |
|       | BERAT                           | Count                           | 0      | 2      | 2      |
|       |                                 | Expected Count                  | .9     | 1.1    | 2.0    |
|       |                                 | % within Numerical Rating Scale | 0.0%   | 100.0% | 100.0% |
|       |                                 | % within Usia                   | 0.0%   | 2.5%   | 1.3%   |
|       |                                 | % of Total                      | 0.0%   | 1.3%   | 1.3%   |
| Total | Count                           | 72                              | 80     | 152    |        |
|       | Expected Count                  | 72.0                            | 80.0   | 152.0  |        |
|       | % within Numerical Rating Scale | 47.4%                           | 52.6%  | 100.0% |        |
|       | % within Usia                   | 100.0%                          | 100.0% | 100.0% |        |
|       | % of Total                      | 47.4%                           | 52.6%  | 100.0% |        |

### Numerical Rating Scale \* Tahun Akademik Crosstabulation

|                        |           | Tahun Akademik                  |       |       |       | Total |        |
|------------------------|-----------|---------------------------------|-------|-------|-------|-------|--------|
|                        |           | 2019                            | 2020  | 2021  | 2022  |       |        |
| Numerical Rating Scale | TIDAK NKP | Count                           | 6     | 4     | 12    | 15    | 37     |
|                        |           | Expected Count                  | 9.5   | 7.8   | 6.3   | 13.4  | 37.0   |
|                        |           | % within Numerical Rating Scale | 16.2% | 10.8% | 32.4% | 40.5% | 100.0% |
|                        |           | % within Tahun Akademik         | 15.4% | 12.5% | 46.2% | 27.3% | 24.3%  |
|                        |           | % of Total                      | 3.9%  | 2.6%  | 7.9%  | 9.9%  | 24.3%  |
|                        | RINGAN    | Count                           | 19    | 15    | 10    | 16    | 60     |
|                        |           | Expected Count                  | 15.4  | 12.6  | 10.3  | 21.7  | 60.0   |

|        |                                 |        |        |        |        |        |
|--------|---------------------------------|--------|--------|--------|--------|--------|
|        | % within Numerical Rating Scale | 31.7%  | 25.0%  | 16.7%  | 26.7%  | 100.0% |
|        | % within Tahun Akademik         | 48.7%  | 46.9%  | 38.5%  | 29.1%  | 39.5%  |
|        | % of Total                      | 12.5%  | 9.9%   | 6.6%   | 10.5%  | 39.5%  |
| SEDANG | Count                           | 13     | 13     | 3      | 24     | 53     |
|        | Expected Count                  | 13.6   | 11.2   | 9.1    | 19.2   | 53.0   |
|        | % within Numerical Rating Scale | 24.5%  | 24.5%  | 5.7%   | 45.3%  | 100.0% |
|        | % within Tahun Akademik         | 33.3%  | 40.6%  | 11.5%  | 43.6%  | 34.9%  |
|        | % of Total                      | 8.6%   | 8.6%   | 2.0%   | 15.8%  | 34.9%  |
| BERAT  | Count                           | 1      | 0      | 1      | 0      | 2      |
|        | Expected Count                  | .5     | .4     | .3     | .7     | 2.0    |
|        | % within Numerical Rating Scale | 50.0%  | 0.0%   | 50.0%  | 0.0%   | 100.0% |
|        | % within Tahun Akademik         | 2.6%   | 0.0%   | 3.8%   | 0.0%   | 1.3%   |
|        | % of Total                      | 0.7%   | 0.0%   | 0.7%   | 0.0%   | 1.3%   |
| Total  | Count                           | 39     | 32     | 26     | 55     | 152    |
|        | Expected Count                  | 39.0   | 32.0   | 26.0   | 55.0   | 152.0  |
|        | % within Numerical Rating Scale | 25.7%  | 21.1%  | 17.1%  | 36.2%  | 100.0% |
|        | % within Tahun Akademik         | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% |
|        | % of Total                      | 25.7%  | 21.1%  | 17.1%  | 36.2%  | 100.0% |

### TINGKAT STRES GABUNG \* HASIL NKP Crosstabulation

|                        |                               | HASIL NKP |       | Total  |
|------------------------|-------------------------------|-----------|-------|--------|
|                        |                               | YA        | TIDAK |        |
| TINGKAT STRES GABUNG 1 | Count                         | 35        | 21    | 56     |
|                        | Expected Count                | 42.4      | 13.6  | 56.0   |
|                        | % within TINGKAT STRES GABUNG | 62.5%     | 37.5% | 100.0% |
| 2                      | Count                         | 26        | 8     | 34     |
|                        | Expected Count                | 25.7      | 8.3   | 34.0   |
|                        | % within TINGKAT STRES GABUNG | 76.5%     | 23.5% | 100.0% |
| 3                      | Count                         | 35        | 5     | 40     |

|       |                               |       |       |        |
|-------|-------------------------------|-------|-------|--------|
|       | Expected Count                | 30.3  | 9.7   | 40.0   |
|       | % within TINGKAT STRES GABUNG | 87.5% | 12.5% | 100.0% |
| 4     | Count                         | 19    | 3     | 22     |
|       | Expected Count                | 16.6  | 5.4   | 22.0   |
|       | % within TINGKAT STRES GABUNG | 86.4% | 13.6% | 100.0% |
| Total | Count                         | 115   | 37    | 152    |
|       | Expected Count                | 115.0 | 37.0  | 152.0  |
|       | % within TINGKAT STRES GABUNG | 75.7% | 24.3% | 100.0% |

### Chi-Square Tests

|                              | Value              | df | Asymptotic Significance (2-sided) |
|------------------------------|--------------------|----|-----------------------------------|
| Pearson Chi-Square           | 9.692 <sup>a</sup> | 3  | .021                              |
| Likelihood Ratio             | 9.855              | 3  | .020                              |
| Linear-by-Linear Association | 8.529              | 1  | .003                              |
| N of Valid Cases             | 152                |    |                                   |

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 5.36.

Lampiran 8 Dokumentasi





## Lampiran 9 Riwayat Peneliti

**BIODATA**

Nama : Meilani

Tempat/ Tanggal Lahir : Raha/ 10 Mei 2001

Jenis Kelamin : Perempuan

Agama : Islam

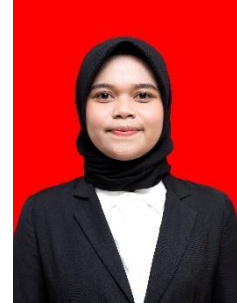
Email : mlani4756@gmail.com

Alamat Asal : Jalan Bunga Kamboja, Kec. Katobu, Kab. Muna

Alamat Sekarang : Jalan Politeknik, Kec. Tamalanrea, Makassar

Nama Ayah : Baruddin

Nama Ibu : Waode Muliana

**Riwayat Pendidikan**

|  |                     |
|--|---------------------|
| Program Studi S1 Fisioterapi<br>Universitas Hasanuddin | Tahun 2019-Sekarang |
| SMAN 2 Raha  | Tahun 2016-2019     |
| SMPN 2 Raha  | Tahun 2013-2016     |
| SDN 15 Katobu  | Tahun 2007-2013     |
| TK Perwanida III Raha                                  | Tahun 2006-2007     |

**Riwayat Organisasi**

|   |                   |
|---|-------------------|
| Divisi Pendidikan dan Pemberdayaan<br>PKSE-UH                     | Periode 2022-2023 |
| Divisi Pendidikan dan Pengembangan<br>Keilmuan HIMAFISIO F.Kep-UH | Periode 2021-2022 |
| Divisi Pendidikan, Penelitian &<br>Penalaran Ilmiah               | Periode 2021-2022 |
| Divisi Kesekretariatan PKSE-UH                                    | Periode 2021-2022 |

## Lampiran 10 Draft Artikel

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Volume X Nomor X Bulan XXX

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**HUBUNGAN ANTARA TINGKAT STRES DENGAN KEJADIAN  
NYERI KEPALA PRIMER PADA MAHASISWA S1 FISIOTERAPI  
UNIVERSITAS HASANUDDIN**

*Relationship Between Stress Levels and Incidence Primary Headache in Physiotherapy Students*

DOI: <https://doi.org/10.35816/jiskh.v12i1.897>

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**ABSTRACT**

*Mental disorders such as stress are problems that often occur in people of productive age. This can happen because at this time there is an increase in ability and the need to do various things that happen in the surrounding environment. Stress can have a negative impact on a person's health and well-being, for example related to neurological disorders that often occur, namely primary headaches. This study aims to determine the relationship between stress levels and the incidence of primary headaches in Physiotherapy undergraduate students at the Faculty of Nursing, Hasanuddin University. This research is a quantitative with descriptive analytic design. The sampling technique in this study was purposive sampling through a cross sectional approach. The number of samples in this study were 152 active undergraduate students of*

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