

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU**

PROGRAM STUDI D III GIZI

TUGAS AKHIR, JUNI 2022

PIRTA KUMALA DEWI

**HUBUNGAN STATUS GIZI DENGAN KEJADIAN DISMENOREA PADA
MAHASISWI GIZI POLITEKNIK KESEHATAN KEMENKES RIAU
TAHUN 2022**

ABSTRAK

Dismenorea adalah nyeri selama menstruasi yang disebabkan oleh kejang otot uterus. Gejala utamanya adalah nyeri yang dimulai pada awalan menstruasi. Angka kejadian dismenorea di dunia sangat besar hampir sebagian besar wanita mengalaminya. Perbedaan status gizi dapat mempengaruhi nyeri dismenore yang dirasakan. Tujuan dari penelitian ini adalah untuk mengetahui hubungan status gizi dengan kejadian dismenorea pada mahasiswi gizi Politeknik Kesehatan Kemenkes Riau. Penelitian ini menggunakan jenis penelitian deskriptif kuantitatif, dengan desain cross sectional. Jumlah sampel sebanyak 73 orang dengan menggunakan teknik pengambilan data yaitu total sampling. Metode pengukuran status gizi menggunakan teknik pengukuran indeks masa tubuh dan pengisian kuesioner untuk kejadian dismenorea pada mahasiswa. Analisis data penelitian ini menggunakan uji chi square dan didapatkan hasil bahwa responden dengan status gizi kurus sebanyak (43,8%) responden dengan status gizi normal sebanyak (49,3%) responden dengan status gizi gemuk sebanyak (6,8%). Hasil penelitian responden dengan status gizi kurus lebih dominan mengalami dismenorea dengan nyeri berat dengan sebanyak 25 orang (78.1%). Adanya hubungan antara status gizi dengan dismenorea, hasil penelitian menunjukkan p value sebesar 0,000 sehingga dinyatakan status gizi dengan kejadian dismenorea berhubungan nyata.

Kata Kunci : Status Gizi, Dismenorea, IMT Kurus

**MINISTRY OF HEALTH, REPUBLIC OF INDONESIA
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D III NUTRITION STUDY PROGRAM

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**OF NUTRITION STATUS WITH THE EVENT OF DYMENOREA IN
NUTRITIONAL STUDENTS**

ABSTRACT

Dysmenorrhea is pain during menstruation caused by uterine muscle spasms. The main symptom is pain that begins at the start of menstruation. The incidence of dysmenorrhea in the world is very large, on average more than of women experience it. Differences in nutritional status can affect the perceived pain of dysmenorrhea. The purpose of this study was to determine the relationship between nutritional status and the incidence of dysmenorrhea in nutrition students at the Health Polytechnic of the Ministry of Health, Riau. This research was a quantitative descriptive research, the research design was cross sectional. The number of samples was 73 people using the data collection technique, namely total sampling. This research method uses the technique of measuring body mass index and filling out a questionnaire to dysmenorrhea. Analysis of the research data using the chi square test and obtained results of the study were 32 (43.8%) people in the lean group and 36 (49.3%) people in the normal group and 5 (6.8%) in the obese group. The results of the study were that the group with underweight nutrition was more dominant in experiencing dysmenorrhea with severe pain with as many as 25 people (78.1%). The existence of a relationship between nutritional status and dysmenorrhea, the results of the study showed a p value of 0.000 0.05 so that it was stated that nutritional status and the incidence of dysmenorrhea were significantly related.

Keywords: Nutritional Status, Dysmenorrhea, IMT Underweight