

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI D IV KEBIDANAN
SKRIPSI, APRIL 2020**

ATIKAH SENDARI

**HUBUNGAN GAYA HIDUP DAN STATUS GIZI TERHADAP KEJADIAN
DISMENOREA DI SMA NEGERI 2 PEKANBARU
vii + 54 halaman + 13 tabel + 2 bagan + 10 lampiran**

ABSTRAK

Nyeri perut merupakan salah satu keluhan yang dialami saat menstruasi yang disebut dismenorea. Kebiasaan berolahraga <3x dalam seminggu, mengonsumsi *fast food* lebih dari 3x dalam seminggu, sering terpaparinya asap rokok, dan IMT yang terlalu gemuk ataupun kurus dapat mempengaruhi terjadinya dismenorea. Tujuan penelitian untuk mengetahui hubungan gaya hidup dan status gizi terhadap kejadian dismenorea di SMA Negeri 2 Pekanbaru. Penelitian ini dilaksanakan pada bulan Agustus 2019 hingga April 2020 di SMA Negeri 2 Pekanbaru. Jenis penelitian adalah *cross sectional*. Sampel pada penelitian ini berjumlah 56 orang yang merupakan siswi kelas X mipa yang telah memenuhi kriteria inklusi yang ditentukan dengan teknik *consecutive sampling*. Pengumpulan data melalui lembar kuesioner *Menstrual Symptom Questionnaire*, *Physical Activity Level*, *Food Frequency Questionere*. Indeks Massa Tubuh, dan kuesioner paparan asap rokok Analisis data menggunakan uji *chi square* dengan taraf signifikansi 95%. Hasil penelitian didapatkan adanya hubungan antara dismenorea dengan aktivitas fisik (*p value*= 0.037), mengonsumsi *fast food* (*p value*=0.000), dan status gizi (*p value*=0.013), dan tidak ada hubungan dengan paparan asap rokok (*p value*=0.149). Kesimpulan ada hubungan aktivitas fisik, mengonsumsi *fast food*, dan status gizi terhadap kejadian dismenorea dan tidak ada hubungan paparan asap rokok terhadap kejadian dismenorea. Sarannya siswa harus menerapkan pola hidup sehat seperti rajin berolahraga minimal 3x dalam seminggu dengan durasi 30 menit, mengurangi konsumsi *fast food*, menjaga IMT tetap normal untuk mengurangi terjadi dismenorea.

Kata Kunci : Dismenorea, Aktivitas Fisik, *Fast Food*, Paparan Asap Rokok, Status Gizi.

Daftar Pustaka : 52 Referensi (2004-2019)

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
HEALTH POLYHECNIC OF MINISTRY OF HEALTH RIAU
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ATIKAH SENDARI

**THE RELATIONSHIP BETWEEN LIFESTYLE AND NUTRIOTIONAL
STATUS WITH THE OCCURRENCE OF DYSMENORRHOEA IN 2TH
PEKANBARU STATE SENIOR HIGH SCHOOL
vii + 54 pages + 13 tables + 2 schemas + 10 attachments**

Abstract

Stomach pain is one of the complaints experienced during menstruation called dysmenorrhoea. The habit of exercising <3 times a week, consuming fast food more than 3 times a week, frequent exposure to cigarette smoke, and BMI that is too fat or thin are factors that can affect the occurrence of dysmenorrhoea. The purpose of this study is to understand the connection between lifestyle and nutritional status to the occurrence of dysmenorrhoea in SMA Negeri 2 Pekanbaru. This research was conducted from August 2019 until April 2020 in SMA Negeri 2 Pekanbaru. This type of research is categorized as cross sectional. The sample in this study consist of 56 female students from class X Mipa who fulfilled the inclusion criteria determined by the consecutive sampling techniques. The data was collected through Menstrual Symptom Questionnaire, Physical Activity Level, and Food Frequency Questionere. Where for the Body Mass Index, and the cigarette smoke exposure data was analyzed utilizing chi square test with the significance level of 95%. The results of this research demonstrate a relationship between dysmenorrhoea with physical activity (p value = 0.037), consuming fast food (p value = 0.000), and nutritional status (p value = 0.013), however, demonstrate no relationship with exposure to cigarette smoke (p value = 0.149). The derived conclusion is there is a relationship between physical activity, eating fast food, and nutritional status with dysmenorrhoea while no relationship between exposure to cigarette smoke with dysmenorrhoea. It is then recommended for students to adopt a healthy lifestyle such as routinely exercising at least 3 times a week with a duration of 30 minutes, reducing the consumption of fast food, and keeping BMI normal to reduce the occurrence of dysmenorrhoea.

Keywords:

Dysmenorrhoea, Physical Activity, Fast Food, Exposure to Cigarette Smoke, Nutritional Status