

ABSTRAK**ANALISIS PERBEDAAN ASUPAN PROTEIN DAN ZAT BESI, KEBUGARAN BERDASARKAN KEJADIAN DISMENORE PADA SISWI DI SMPN 2 KADUHEJO PANDEGLANG BANTEN
ANINDA NADIATUL HASANAH
PROGRAM STUDI GIZI****BAB VI, 63 HALAMAN, 11 TABEL, 1 GAMBAR, 8 LAMPIRAN**

Latar Belakang : Dismenorea adalah nyeri yang dirasakan sebelum atau saat menstruasi yang disebabkan oleh kejang otot uterus. Karakteristik dismenore seperti sakit yang menusuk, nyeri yang hebat disekitar bagian bawah perut. Nyeri yang terasa dibagian bawah perut biasanya terjadi di hari pertama sampai kedua setelah pengeluaran darah. Derajat nyeri berkurang setelah pengeluaran darah yang sangat banyak. Nyeri haid bukanlah penyakit melainkan gejala yang timbul akibat adanya kelainan pada organ panggul.

Tujuan : Tujuan umum dari penelitian ini adalah untuk mengetahui analisis perbedaan antara asupan protein dan zat besi, kebugaran berdasarkan kejadian dismenore siswi SMPN 2 Kaduhejo Pandeglang Banten.

Metode Penelitian : Penelitian observasional ini melibatkan sampel sebanyak enam puluh dua mahasiswa, dimana 31 mahasiswa merupakan yang mengalami dismenore. Data kejadian dismenore diperoleh dari angket numeric rating scale, data asupan gizi dikumpulkan dengan menggunakan Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) dan kebugaran jasmani diukur menggunakan Bleep Test.

Hasil Penelitian : Sekolah ini terletak di daerah terpencil sekitar 12,9 km dari Ibu Kota Kabupaten Pandeglang. Usia mereka masing-masing berkisar antara 13-15 tahun. Rerata asupan protein $63,2 \pm 6,8$ g, asupan zat besi $8,3 \pm 1,7$ mg, dan kebugaran $22,9 \pm 3,0$, kelompok dismenore mengalami kategori nyeri ringan (29%). Perbedaan asupan protein, asupan zat besi, dan kebugaran jasmani antar kelompok bermakna ($p < 0,05$).

Kesimpulan: siswa yang mengalami dismenore memiliki asupan protein, asupan zat besi dan kebugaran lebih rendah dari siswa yang normal (tidak dismenore) karena kurang mengkonsumsi asupan tinggi protein dan zat besi, dan memiliki kebugaran yang sangat kurang.

Kata Kunci : Dismenore, protein, zat besi, kebugaran

ABSTRACT**DIFFERENCES ANALYSIS OF PROTEIN AND IRON INTAKE, FITNESS BASED ON DISMENORE EVENTS IN STUDENTS AT SMPN 2 KADUHEJO PANDEGLANG BANTEN
ANINDA NADIATUL HASANAH
PROGRAM STUDI GIZI****VI CHAPTERS, 63 PAGES, 11 TABLES, 1 PICTURE, 8 APPENDIX**

Background : Dysmenorrhoea is pain that is felt before or during menstruation caused by spasm of the uterine muscles. Characteristics of dysmenorrhea such as stabbing pain, intense pain around the lower part of the stomach. Pain that is felt in the lower abdomen usually occurs on the first to second day after bleeding. The degree of pain decreases after profuse bleeding. Menstrual pain is not a disease but a symptom that arises due to abnormalities in the pelvic organs.

Objective : The objective of this study was to determine the differences between protein and iron intakes, physical fitness by the incidence of dysmenorrhea among students at a Junior High School, Kaduhejo Pandeglang Banten.

Research Method: This observational study involving a sample of sixty two students, in which 31 students were who experiencing dysmenorrhea. Dysmenorrhea incidence data was obtained from a numeric rating scale questionnaire, nutritional intake data was collected using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) and physical fitness was measured using the Bleep Test

Result : This School is located in rural area about 12,9 km from capital city of Pandeglang district. Their age was range from 13-15 years, respectively. The mean protein intake was $63,2 \pm 6,8$ g, iron intake $8,3 \pm 1,7$ mg, and fitness 22.9 ± 3.0 , dysmenorrhea group was having mild pain category (29%). The differences in protein intake, iron intake, and physical fitness between groups were significant ($p < 0,05$)

Conclusion : Students with dysmenorrhea have lower protein intake, iron intake and fitness than normal students (not dysmenorrhea) because they consume less protein and high iron, and have very poor fitness.

Keywords : *Dysmenorrhea, Protein, Iron, Fitness*