

## ABSTRAK



**PERBEDAAN ASUPAN KALSIMUM, MAGNESIUM, VITAMIN E DAN AKTIVITAS FISIK BERDASARKAN KEJADIAN DISMENORE PADA SANTRI PUTRI DI PONDOK PESANTREN AL-MIZAN CIKOLE PANDEGLANG BANTEN RISKA PROGRAM STUDI GIZI**

**BAB VI, 70 HALAMAN, 8 TABEL, 2 GAMBAR, 9 LAMPIRAN**

**Latar Belakang :** Dismenore atau nyeri haid adalah nyeri yang dirasakan sebelum atau saat haid yang disebabkan oleh kejang otot rahim. Nyeri saat haid atau dismenore merupakan masalah umum yang dihadapi pada masa remaja. Dismenore merupakan masalah ginekologi utama yang paling sering dikeluhkan oleh remaja dan yang paling umum adalah dismenore primer.

**Tujuan :** Mengetahui perbedaan asupan kalsium, magnesium, vitamin E dan aktivitas fisik berdasarkan kejadian dismenore pada santri putri di Pondok Pesantren Al-Mizan.

**Metode Penelitian :** Jenis penelitian observasional analitik dengan desain cross sectional. Jumlah sampel sebanyak 100 responden, 50 responden yang mengalami dismenore dan 50 responden yang tidak mengalami dismenore. Data kejadian dismenore diperoleh dari angket *numeric rating scale* dan data asupan gizi diperoleh dari formulir *foodrecord* 2x24 jam.

**Hasil Penelitian :** Nilai rata-rata asupan kalsium santri putri  $182,98 \pm 201,224$  mg, asupan magnesium  $165,88 \pm 81,34$  mg, asupan vitamin E  $2,64 \pm 2,208$  mg dan tingkat aktivitas fisik  $1,26 \pm 0,15$ , mahasiswi yang mengalami dismenore mengalami kategori nyeri ringan (23%). Hasil analisis menggunakan Independent T-test menunjukkan bahwa tidak ada perbedaan asupan kalsium dengan kejadian dismenore ( $p = 0,800$ ), asupan magnesium berdasarkan kejadian dismenore ( $p = 0,422$ ), asupan vitamin E dengan kejadian dismenore ( $p = 0,784$ ) dan tingkat aktivitas fisik dengan kejadian dismenore ( $p = 0,110$ ). **Kesimpulan :** Tidak ada perbedaan asupan kalsium, magnesium, vitamin E dan aktivitas fisik pada santri putri yang mengalami dismenore dan tidak mengalami dismenore namun saran untuk santri putri di Pondok Pesantren Al-Mizan Cikole harus mengkonsumsi makanan yang sehat dan memenuhi gizi seimbang.

**Kata Kunci :** Dismenore, kalsium, magnesium, vitamin E, aktivitas fisik



## ABSTRACT

**DIFFERENCES IN THE INTAKE OF CALCIUM, MAGNESIUM, VITAMIN E AND PHYSICAL ACTIVITIES BASED ON DISMENORE EVENTS IN PUTRI'S SANTRI IN PESANTREN AL-MIZAN CIKOLE PANDEGLANG BANTEN  
RISKA  
PROGRAM STUDI GIZI**

**VI CHAPTERS, 70 PAGES, 8 TABLES, 2 PICTURE, 9 APPENDIX**

**Background :** Dysmenorrhea or menstrual pain is pain that is felt before or during menstruation caused by spasms of the uterine muscles. Pain during menstruation or dysmenorrhea is a common problem faced during adolescence. Dysmenorrhea is the main gynecological problem that is most often complained by adolescents and the most common is primary dysmenorrhea.

**Objective :** Knowing the differences in calcium, magnesium, vitamin E intake and physical activity based on the incidence of dysmenorrhea among female students at Al-Mizan Islamic Boarding School.

**Research Method:** This type of analytic observational research with cross sectional design. The number of samples was 100 respondents, 50 respondents who experienced dysmenorrhea and 50 respondents who did not experience dysmenorrhea. Dysmenorrhea incidence data were obtained from a numeric rating scale questionnaire and nutritional intake data were obtained from the 2x24 hour food record form.

**Result :** The results showed the average value of calcium intake for female students is  $182.98 \pm 201.224$  mg, magnesium intake is  $165.88 \pm 81.34$  mg, vitamin E intake is  $2.64 \pm 2.208$  mg and a level of physical activity is  $1.26 \pm 0.15$ . dysmenorrhea experienced mild pain category (23%). The results of the analysis using the Independent T-test showed that there was no difference in calcium intake with the incidence of dysmenorrhea ( $p = 0.800$ ), magnesium intake based on the incidence of dysmenorrhea ( $p = 0.422$ ), vitamin E intake with the incidence of dysmenorrhea ( $p = 0.784$ ) and the level of physical activity with the incidence of dysmenorrhea ( $p = 0.110$ ).

**Conclusion :** There is no difference in the intake of calcium, magnesium, vitamin E and physical activity for female students who have dysmenorrhea and do not experience dysmenorrhea, but suggestions for female students at Al-Mizan Islamic Boarding School Cikole must consume healthy foods and meet balanced nutrition.

**Keywords :** *Dysmenorrhea, calcium, magnesium, vitamin E, physical activity*