

ABSTRAK



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NURCIPTAWATI

HUBUNGAN STATUS GIZI, USIA MENARCHE, AKTIVITAS FISIK DAN PREMENSTRUASI SINDROM REMAJA PUTRI DI SMPN 249 JAKARTA

VI BAB, 90 Halaman, 11 Tabel, 7 Lampiran

Latar Belakang : *Pre-Menstrual Syndrome* (PMS) adalah kumpulan gejala berupa gejala fisik, gejala psikologis dan gangguan emosi yang akan dirasakan 6 – 10 hari sebelum terjadinya menstruasi. Pada wanita dalam usia reproduktif biasanya akan merasakan lebih dari satu gejala premenstruasi. Gejala saat premenstruasi sindrom akan berbeda beda pada setiap remaja. Adanya perbedaan yang dirasakan dapat terjadi karena beberapa faktor, salah satunya adalah faktor status gizi, usia menarche dan aktivitas fisik.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan status gizi, usia menarche, aktivitas fisik dan premenstruasi sindrom.

Metode Penelitian : Jenis penelitian ini adalah kuantitatif dengan desain cross sectional. Sampel pada penelitian ini yaitu 147 siswi yang diambil secara *Proportionate Stratified Random Sampling*. Data yang diambil yaitu karakteristik responden, usia menarche, aktivitas fisik dan premenstruasi sindrom dari kuesioner dan status gizi dari pengukuran berat badan dan

tinggi badan responden. Hubungan antar variable diuji menggunakan uji korelasi spearman rank.

Hasil Penelitian : Tidak terdapat hubungan antara status gizi dengan premenstruasi sindrom ($p = 0,202$). Tidak terdapat hubungan antara usia menarche dengan premenstruasi sindrom ($p=0,918$). Terdapat hubungan antara aktivitas fisik dengan premenstruasi sindrom ($p=0,034$).

Kesimpulan : Hasil penelitian menunjukkan tidak terdapat hubungan yang bermakna antara premenstruasi sindrom dengan status gizi, usia menarche dan terdapat hubungan antara aktivitas fisik dengan premenstruasi sindrom.

Kata kunci : Premenstruasi Sindrom, Status Gizi, Usia Menarche, Aktivitas Fisik

ABSTRACT



ESA UNGGUL UNIVERSITY
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NURCIPTAWATI

RELATIONSHIP BETWEEN NUTRITIONAL STATUS, MENARCHEAL AGE, PHYSICAL ACTIVITY AND ADOLESCENT FEMALE SYNDROME AT SMPN 249 JAKARTA

VI CHAPTER, 90 Pages, 11 Tables, , 7 Attachments

Background: Pre-Menstrual Syndrome (PMS) is a collection of symptoms in the form of physical symptoms, psychological symptoms and emotional disturbances that will be felt 6-10 days before menstruation occurs. In women of reproductive age, they will usually feel more than one premenstrual symptom. Symptoms during premenstrual syndrome will be different for each teenager. The perceived difference can occur due to several factors, one of which is nutritional status, age at menarche and physical activity.

Purpose: This study aims to determine the relationship between nutritional status, age at menarche, physical activity and premenstrual syndrome.

Research Methods: This type of research is quantitative with a cross-sectional design. The sample in this study were 147 female students who were taken by Proportionate Stratified Random Sampling. The data taken were the characteristics of the respondents, age at menarche, physical activity and premenstrual syndrome from the questionnaire and nutritional status from

measurements of the respondents' weight and height. The relationship between variables was tested using the Spearman rank correlation test.

Research Results: There is no relationship between nutritional status and premenstrual syndrome ($p = 0.202$). There is no relationship between menarche age and premenstrual syndrome ($p=0.918$). There is a relationship between physical activity and premenstrual syndrome ($p=0.034$).

Conclusion: The results showed that there was no significant relationship between premenstrual syndrome and nutritional status, age at menarche and there was a relationship between physical activity and premenstrual syndrome.

Keywords: Premenstrual Syndrome, Nutritional Status, Age of Menarche, Physical Activity