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PROGRAM STUDI S1 ILMU KEPERAWATAN
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Nanda Aulya Nur Fadillah

HUBUNGAN POLA MAKAN TERHADAP NYERI *DISMENOREA* PADA SISWI DI MAN 2 KOTA TASIKMALAYA

ABSTRAK

xvi bagian awal + 67 halaman + VII bab + 1 Bagan + 5 tabel + 13 Lampiran

Prevalensi kejadian *dismenorea* pada remaja perempuan di Indonesia sebesar 64,25% pada tahun 2018. Rasa nyeri pada *dismenorea* berasal dari kontraksi rahim yang disebabkan oleh adanya peningkatan prostaglandin. *Dismenorea* yang terjadi pada siswi sekolah menyebabkan angka ketidakhadiran tinggi. Banyak faktor yang menyebabkan terjadinya *dismenorea*. Tujuan penelitian untuk mengetahui hubungan pola makan terhadap nyeri *dismenorea* pada siswi di MAN 2 Kota Tasikmalaya. Metode penelitian yaitu deskriptif korelasional dengan pendekatan *cross sectional*. Populasi seluruh siswi kelas 10 dan 11 di MAN 2 Kota Tasikmalaya dengan teknik *proportionate stratified random sampling* didapatkan sebanyak 68 orang. Analisis data menggunakan distribusi frekuensi dan uji *Chi-Square*. Pengumpulan data dilakukan dengan menyebarkan kuesioner *WaliDD Score* dan FFQ (*Food Frequency Questionnaire*). Hasil didapatkan bahwa responden yang memiliki pola makan baik dan tidak mengalami *dismenorea* sebanyak 1 responden (33,3%) sedangkan yang mengalami *dismenorea* sebanyak 2 responden (66,7%). Responden yang memiliki pola makan tidak baik dan tidak mengalami *dismenorea*, tidak ada satu pun (0%), sedangkan yang mengalami *dismenorea* sebanyak 65 responden (100%). Hasil uji statistik didapatkan ρ *value* 0,044 (< α 0,05). Kesimpulan ada hubungan antara pola makan terhadap nyeri *dismenorea* pada siswi di MAN 2 Kota Tasikmalaya. Disarankan bagi siswi untuk memperhatikan pola makan dengan mempertimbangkan makanan yang akan di konsumsi, misalnya dengan mengonsumsi makanan yang mengandung vitamin B6, E, kalsium, magnesium yang bisa diperoleh salah satunya dari sayuran hijau dan mengurangi konsumsi *fast food*.

Kata Kunci   : *Dismenorea*, Pola Makan, Siswi
Daftar Pustaka   : 54 (2004-2023)

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BACHELOR'S PROGRAM IN NURSING SCIENCE

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Nanda Aulya Nur Fadillah

THE RELATIONSHIP BETWEEN DIETARY HABITS AND DYSMENORRHEA PAIN AMONG FEMALE STUDENTS AT MAN 2 TASIKMALAYA CITY

ABSTRACT

xvi beginning + 67 pages + VII chapters + 1 Figure + 5 tables + 13 attachment

The prevalence of menstrual pain among teenage girls in Indonesia was 64.25% in 2018. The pain in menstrual cramps comes from the contractions of the uterus caused by an increase in prostaglandins. Menstrual pain experienced by schoolgirls contributes to high rates of absenteeism. There are numerous factors that contribute to the occurrence of menstrual pain. The research aims to explore the relationship between dietary patterns and menstrual pain in female students at MAN 2 Kota Tasikmalaya. The research methodology used was descriptive correlational with a cross-sectional approach. The entire population consisted of 10th and 11th-grade female students at MAN 2 Kota Tasikmalaya, and a total of 68 individuals were obtained using proportionate stratified random sampling. Data was analyzed using frequency distribution and the Chi-Square test. Data collection involved distributing the WaliDD Score questionnaire and the FFQ (Food Frequency Questionnaire). The results showed that respondents with a healthy dietary pattern who did not experience menstrual pain amounted to 1 respondent (33.3%), whereas those who experienced menstrual pain were 2 respondent (66.7%). Respondents with an unhealthy dietary pattern who did not experience menstrual pain accounted for none (0%), while those who experienced menstrual pain were 65 respondents (100%). The statistical test yielded a p-value of 0.044 (< α 0.05). In conclusion, there is a relationship between dietary patterns and menstrual pain among female students at MAN 2 Kota Tasikmalaya. It is advised for female students to pay attention to their eating patterns by considering the food they will consume. For instance, they can choose to consume foods that are rich in vitamins B6, E, calcium, and magnesium, which can be obtained, among other sources, from green vegetables. Additionally, reducing the consumption of fast food is recommended.

Keywords: Dysmenorrhea, Eating Habits, Female Students

References: 54 (2004-2023)