

Hubungan Asupan Zat Gizi Mikro dan Faktor Lainnya dengan Kejadian Dismenore Primer pada Mahasiswi S1 Reguler FKM UI Tahun 2022

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Abstrak

Tujuan penelitian ini mengetahui proporsi kejadian dismenore primer dan hubungan antara beberapa faktor risiko dengan kejadian dismenore primer pada mahasiswi S1 Reguler FKM UI tahun 2022. Variabel dependen dalam penelitian ini yaitu dismenore primer. Variabel independen dalam penelitian ini meliputi asupan kalsium, magnesium, zinc, vitamin E, kebiasaan sarapan, aktivitas fisik, tingkat stres, usia menarche, durasi menstruasi, siklus menstruasi, dan riwayat keluarga dengan dismenore primer. Metode penelitian yang digunakan yaitu kuantitatif dengan desain cross-sectional dan dilakukan mulai bulan Juli-September 2022. Responden penelitian ini merupakan mahasiswi aktif S1 Reguler FKM UI angkatan 2018-2021 sejumlah 135 orang. Responden dipilih melalui teknik simple random sampling. Data diperoleh melalui pengisian kuesioner online melalui google-form. Data dianalisis secara univariat dan bivariat (uji Chi-Square dan uji Fisher-Exact). Hasil analisisnya didapatkan proporsi dismenore primer sebesar 86,7%. Hasil analisis bivariat menunjukkan tidak ada hubungan bermakna antara asupan kalsium, magnesium, zinc, vitamin E, kebiasaan sarapan, aktivitas fisik, tingkat stres, usia menarche, durasi menstruasi, dan siklus menstruasi. Terdapat hubungan bermakna antara riwayat keluarga dengan dismenore primer dengan kejadian dismenore primer [p-value = 0,038; OR =3,318, 95% CI = (1,162-9,472)]. Oleh karena itu, penting dilakukannya edukasi penanganan dan pencegahan kejadian dismenore, terutama pada mahasiswi yang memiliki riwayat keluarga dismenore.

The aim of this study is to determine the proportion of primary dysmenorrhea and the relationship between several risk factors and the incidence of primary dysmenorrhea among Undergraduate students of Faculty of Public Health, University of Indonesia in 2022. The dependent variable in this study is primary dysmenorrhea. The independent variable in this study includes intake of calcium, magnesium, zinc, vitamin E, breakfast habits, physical activity, stress level, age at menarche, menstrual duration, menstrual cycle, and family history of primary dysmenorrhea. The research method used was quantitative with a cross-sectional design and was carried out from July to September 2022. Respondents to this study were 135 active Regular Undergraduate students of FKM UI class of 2018-2021. Respondents were selected through simple random sampling technique. Data was obtained through filling out online questionnaires via google-form. Data were analyzed by univariate and bivariate (Chi-Square test and Fisher-Exact test). The results of the analysis showed that the proportion of primary dysmenorrhea was 86.7%. The results of bivariate analysis showed that there was no significant relationship between intake of calcium, magnesium, zinc, vitamin E, breakfast habits, physical activity, stress level, age at menarche, menstrual duration, and menstrual cycle. There is a significant relationship between family history of primary dysmenorrhea and primary dysmenorrhea [p-value = 0,038; OR =3,318, 95% CI = (1,162-9,472)]. Therefore, it is important to conduct education on handling and preventing dysmenorrhea, especially for female students who have a family history of dysmenorrhea.