

**HUBUNGAN ASUPAN VITAMIN B6, KALSIUM, DAN
MAGNESIUM DENGAN KEJADIAN *PREMENSTRUAL*
SYNDROME (PMS)**

(Studi pada mahasiswa Prodi Ilmu Gizi FK Undip Semarang)

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THE ASSOCIATION BETWEEN VITAMIN B6, CALCIUM, AND MAGNESIUM INTAKE WITH PREMENSTRUAL SYNDROME (PMS); A STUDY AMONG STUDENTS OF NUTRITION PROGRAMME MEDICAL FACULTY DIPONEGORO UNIVERSITY SEMARANG

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ABSTRACT

Background : Premenstrual Syndrome (PMS) is a general disorder in female. PMS is related to certain micronutrient intake, especially vitamin B6, calcium, and magnesium.

Objective: This study was to identify the association between vitamin B6, calcium, and magnesium intake with Premenstrual Syndrome.

Method: A cross-sectional study among 73 students of nutrition programme medical faculty of Diponegoro University Semarang using proportional random sampling was carried out. Intake of vitamin B6, calcium, and magnesium were obtained from semi-quantitative food frequency questioners. Weight and height were measured using electronic scale and microtoise. Symptoms of PMS was taken from menstrual cycle diary during 2 cycles. Chi-square was used to analyze data.

Result: The range of age was 19-22 years. 76.7% Subjects had normal Body Mass index. 28,4% subjects had PMS. The Mean of PMS score was 2.5 ± 0.58 , the mean of vitamin B6, calcium, and magnesium intake were 1.3 ± 0.75 mg/day, 510.2 ± 33.71 mg/day, and 282.7 ± 150.57 mg/day. As many as 60.3%, 82.2%, and 46.6% subjects had low vitamin B6, calcium, and magnesium intake. There were no association between vitamin B6, calcium, and magnesium intake with PMS ($p=0.270$, $p=0.700$), $p=0.489$)

Conclusion: Mainly subjects had no PMS and there were no association between vitamin B6, calcium, and magnesium intake with PMS

Keyword: vitamin B6, calcium, magnesium, Premenstrual Syndrome (PMS)

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HUBUNGAN ASUPAN VITAMIN B6, KALSIMUM, DAN MAGNESIUM DENGAN KEJADIAN *PREMENSTRUAL SYNDROME* (PMS); STUDI PADA MAHASISWI PRODI ILMU GIZI FK UNDIP SEMARANG

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ABSTRAK

Latar Belakang: *Premenstrual Syndrome* (PMS) atau sindroma pramenstruasi merupakan gangguan kesehatan yang paling umum dialami oleh wanita. PMS dihubungkan dengan beberapa asupan zat gizi mikro terutama vitamin B6, kalsium, dan magnesium.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan asupan vitamin B6, kalsium, dan magnesium dengan PMS.

Metode: Penelitian menggunakan pendekatan *cross-sectional* yang dilakukan pada mahasiswa Prodi S1 Ilmu Gizi Undip Semarang dengan metode *proportional random sampling* dan jumlah subyek 73 orang. Data asupan vitamin B6, kalsium, dan magnesium diperoleh melalui kuesioner *semi-quantitative food frequency*. Berat badan dan tinggi badan diukur menggunakan timbangan digital dan mikrotoa. Data PMS diperoleh melalui kuesioner lembar catatan harian selama 2 siklus menstruasi. Data dianalisis menggunakan uji *Chi-square*.

Hasil: Umur subyek berkisar antara 19-22 tahun. Sebanyak 76,7% subyek memiliki IMT normal. Subyek yang mengalami PMS sebesar 27,4% . Rerata skor PMS adalah $2,5 \pm 0,58$. Rerata asupan vitamin B6, kalsium, dan magnesium sebesar $1,3 \pm 0,75$ mg/hari, $510,2 \pm 33,71$ mg/hari, dan $282,7 \pm 150,57$ mg/hari. Sebanyak 60,3%, 82,2%, dan 46,6% subyek memiliki asupan vitamin B6, kalsium, dan magnesium dalam kategori defisit. Tidak terdapat hubungan asupan vitamin B6, kalsium, dan magnesium dengan kejadian PMS ($p=0,270$; $p=0,700$; $p=0,489$)

Simpulan: Sebagian besar subyek tidak mengalami PMS dan tidak terdapat hubungan asupan vitamin B6, kalsium, dan magnesium dengan kejadian PMS.

Kata kunci: vitamin B6, kalsium, magnesium, *Premenstrual Syndrome* (PMS)

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