

HUBUNGAN ANTARA STATUS GIZI (INDEKS TB/U) DAN FREKUENSI OLAHRAGA
DENGAN KEJADIAN *DISMENORE* PADA REMAJA PUTRI KELAS II SLTPN 12
SEMARANG 2005

(2005 - Skripsi)

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Dismenore merupakan kumpulan gejala rasa nyeri sebelum dan selama menstruasi. Umumnya terjadi pada remaja putri yang menempuh pendidikan di sekolah menengah yaitu umur 15 - 25 tahun. Faktor gizi dan olahraga merupakan faktor yang berpengaruh terhadap timbulnya *dismenore*. TB/U merupakan suatu indeks yang digunakan untuk mengukur status gizi yang menyatakan keadaan status gizi seseorang pada masa lampau, sedangkan faktor olahraga yaitu dengan memperhatikan frekuensi olahraga tiap minggu. Penelitian ini bertujuan untuk menganalisa hubungan antara status gizi berdasarkan indeks TB/U dan frekuensi olahraga dengan kejadian *dismenore*. Jumlah sampel sebanyak 53 orang. Jenis penelitian ini adalah penelitian penjelasan dengan pendekatan *Cross Sectional*. Pengambilan data menggunakan kuesioner dan pengukuran antropometri. Pada penelitian ini didapatkan 35 orang (66,0%) mengalami *dismenore* dan 18 orang (34,0%) tidak mengalami *dismenore*. 51 orang (96,2%) status gizi normal, dan 2 orang (3,8%) status gizi pendek. Frekuensi yang jarang melakukan olahraga didapatkan sebanyak 35 orang (66,0%), yang melakukan olahraga dengan baik sebanyak 15 orang (28,3%) dan 3 orang (5,7%) yang sering melakukan olahraga. Hasil uji statistik dengan *Chi Square* menunjukkan bahwa tidak ada hubungan antara status gizi (indeks TB/U) dengan kejadian *dismenore* (nilai $p = 0,543$). Dan terdapat hubungan antara frekuensi olahraga dengan kejadian *dismenore* (nilai $p = 0,004$). Disarankan agar informasi mengenai *dismenore* dapat diberikan secara terpadu kepada siswi dengan materi kesehatan reproduksi melalui pembagian booklet, maupun brosur-brosur dan penyebarluaskan informasi melalui diskusi-diskusi. Bagi peneliti lain agar dilakukan penelitian lanjutan tentang faktor-faktor lain yang ikut berpengaruh terhadap timbulnya *dismenore*, seperti faktor hormonal, obat-obatan, faktor psikologi, dll.

Kata Kunci: *Dismenore*, Status gizi (indeks TB/U), frekuensi olahraga

THE CORRELATION BETWEEN NUTRIENT STATUS (BODY HEIGHT/AGE INDEX) AND FREQUENCY OF PHYSICAL EXERCISE WITH THE INCIDENCE OF DISMENOIRE ON FEMALE TEENAGERS IN THE SECOND GRADE OF SLTPN 12 SEMARANG 2005

Abstract

Dismenore represents symptoms of painful which occurs before and during menstruation period. Commonly, it happens in female adolescent in the ages of 15 to 25 years old in the high school period. Some of the factors that influence the incidence of dismenore are nutrient and physical exercise. Body height/age is a certain index used to measure nutrient status that indicates a person's nutrient status in the past. While physical exercise is measured by observing frequency of physical exercise every week.

The purpose of this research is to analyze the correlation between nutrient status, based on the body height/age index and frequency of physical exercise with the incidence of dismenore. The sample size in this research is 53 females adolescent. This in an explanatory research using cross sectional approach. Data was collected from questionnaire and anthropometrics measurements.

The results showed that 35 females adolescent (66,0%) were experiencing dismenore while only 18 females adolescent (34,0%) were not. 51 females adolescent (96,2%) had normal nutrient status, and 2 females adolescent (3,8%) had bad nutrient status. There were 35 females adolescent (66,0%) who did physical exercise rarely, 15 females adolescent (28,3%) who have good physical exercise and only 3 females adolescent (5,7%) who did physical exercise frequently. Statistical test using Chi Square showed that there was no correlation between nutrient status (body height/age index) and the incidence of dismenore (p value = 0,543). But there was a correlation between frequency of physical exercise and the incidence of dismenore (p value = 0,004).

We suggest that the dissemination of information about dismenore to the female students is integrated with the health reproduction lesson in school using booklet or brochures and also discussion board. We also suggest the other researchers to carry out further research in other factors that influence the incidence of dismenore, such as hormone factor, medicine factor, psychological factor, etc.

Keyword : Dismenore nutrient status (body height/age index), frequency of physical exercise