

## ABSTRAK

### HUBUNGAN PERSEN LEMAK TUBUH DAN ASUPAN GIZI MAKRO DENGAN SIKLUS MENSTRUASI PADA ATLET BULUTANGKIS PUTRI PB DJARUM KUDUS

Dika Rakhmah Andirawati, Colti Sistiarani, Farida

**Latar Belakang:** Siklus menstruasi yang teratur merupakan penanda bahwa organ-organ reproduksi seorang wanita berfungsi dengan baik. Satu siklus terhitung mulai dari hari pertama menstruasi dalam satu periode hingga hari pertama menstruasi pada periode berikutnya. Siklus menstruasi pada wanita normal berkisar antara 21-35 hari, dengan rata-rata durasi siklus ialah 28 hari. Pada kalangan atlet putri masih banyak ditemukan gangguan menstruasi. Penelitian bertujuan mengetahui hubungan persen lemak tubuh dan asupan gizi makro dengan siklus menstruasi pada atlet bulutangkis putri PB Djarum Kudus.

**Metode:** Penelitian dilakukan di PB Djarum Kudus dengan desain penelitian *cross-sectional*. Sampel yang dipilih 20 orang. Data asupan gizi diperoleh dengan metode *food record* dan persen lemak tubuh diukur menggunakan alat *Bioelectrical Impedance Analysis* (BIA). Analisis bivariat menggunakan uji *Spearman*.

**Hasil Penelitian:** Responden yang mengalami siklus menstruasi tidak normal sebanyak 35%. Asupan energi, protein, lemak dan karbohidrat kurang dari kebutuhan tubuh. Hasil analisis bivariat didapatkan hubungan persen lemak tubuh ( $p=0,294$ ), asupan energi ( $p=0,370$ ), asupan protein ( $p=0,074$ ), asupan lemak ( $p=0,370$ ) dan asupan karbohidrat ( $p=0,738$ ).

**Kesimpulan:** Tidak ada hubungan antara persen lemak tubuh dan asupan zat gizi makro dengan siklus menstruasi pada atlet bulutangkis putri PB Djarum Kudus

**Kata kunci:** Siklus Menstruasi, Atlet Bulutangkis.

## ABSTRACT

### **CORRELATION OF PERCENT BODY FATS AND MACRO NUTRITION WITH MENSTRUAL CYCLE OF WOMEN BADMINTON ATHLETES IN PB DJARUM KUDUS**

Dika Rakhmah Andirawati, Colti Sistiarani, Farida

**Background:** Regular menstrual cycles are a sign that a woman's reproductive organs are functioning properly. One cycle starts from the first day of menstruation in one period to the first day of menstruation in the next period. Menstrual cycles in normal women range from 21-35 days, with an average cycle duration of 28 days. Among female athletes there are still many menstrual disorders found. The study aimed to determine the relationship of percent body fat and macro nutrient intake with the menstrual cycle of women's badminton athletes in PB Djarum Kudus.

**Method:** The study was conducted at PB Djarum Kudus with a cross-sectional study design. The sample was chosen by 20 people. Data on nutritional intake obtained by the food record method and percent body fat was measured using the Bioelectrical Impedance Analysis (BIA). Bivariate analysis using the Spearman test.

**Results:** Respondents who experienced abnormal menstrual cycles were 35%. Energy, protein, fat and carbohydrate intake are lacking in body needs. The results of bivariate analysis revealed a correlation of percent body fat ( $p = 0.294$ ), energy intake ( $p = 0.370$ ), protein intake ( $p = 0.074$ ), fat intake ( $p = 0.370$ ) and carbohydrate intake ( $p = 0.738$ ).

**Conclusion:** There is no relationship between percent body fat and macro nutrient intake with the menstrual cycle of women's badminton athletes in PB Djarum Kudus .

**Keywords:** Menstrual Cycle, Badminton Athletes.