

ABSTRAK

HUBUNGAN ANTARA KUALITAS TIDUR, ASUPAN ENERGI SARAPAN, DAN STATUS GIZI DENGAN SIKLUS MENSTRUASI MAHASISWI AKTIF ORGANISASI TINGKAT UNIVERSITAS

(Studi pada Mahasiswi Universitas Jenderal Soedirman)

Latar Belakang: Mahasiswi aktif organisasi seringkali dihadapkan dengan berbagai tugas dan tanggung jawab. Hal ini dapat menimbulkan gangguan pada kualitas tidur, asupan energi sarapan, dan status gizi. Ketiga hal tersebut berpotensi menyebabkan perubahan siklus menstruasi. Penelitian ini bertujuan untuk mengetahui hubungan antara kualitas tidur, asupan energi sarapan, dan status gizi dengan siklus menstruasi mahasiswi aktif organisasi di tingkat Universitas Jenderal Soedirman.

Metode: Penelitian ini menggunakan desain *cross sectional* terhadap 51 mahasiswi aktif organisasi tingkat Universitas Jenderal Soedirman berusia 19-22 tahun dengan teknik *purposive sampling*. Instrumen yang digunakan yaitu kuesioner siklus menstruasi untuk mengukur siklus menstruasi, *Pittsburgh Quality Sleep Index* (PSQI) untuk mengukur kualitas tidur, *food recall 2x24* jam untuk mengukur asupan energi sarapan, serta *microtoise* dan timbangan digital untuk pengukuran antropometri. Analisis data menggunakan uji *Chi-square* dan *Fisher's exact*.

Hasil: Sebanyak 80% responden memiliki kualitas tidur yang buruk, 86% responden memiliki asupan energi sarapan yang tidak cukup, 43% responden memiliki status gizi normal, serta 57% responden memiliki siklus menstruasi yang normal. Terdapat hubungan antara kualitas tidur dengan siklus menstruasi mahasiswi aktif organisasi tingkat universitas ($p=0,030 < \alpha=0,05$). Tidak terdapat hubungan antara asupan energi sarapan ($p=0,124 > \alpha=0,05$) dan status gizi ($p=0,780 > \alpha=0,05$) dengan siklus menstruasi mahasiswi aktif organisasi tingkat universitas.

Kesimpulan: Terdapat hubungan antara kualitas tidur dengan siklus menstruasi. Tidak terdapat hubungan antara asupan energi sarapan dan status gizi dengan siklus menstruasi.

Kata Kunci: Asupan energi sarapan, kualitas tidur, siklus menstruasi, status gizi

ABSTRACT

THE RELATIONSHIP BETWEEN SLEEP QUALITY, BREAKFAST ENERGY INTAKE, AND NUTRITIONAL STATUS WITH THE MENSTRUAL CYCLE FOR ACTIVE STUDENTS OF ORGANIZATIONS IN UNIVERSITY LEVEL

(Study of female students at Jenderal Soedirman University)

Background: Female students who are active in organizations are faced with various duties and responsibilities. These can appear disturbance for sleep quality, breakfast energy intake, and nutritional status. The three things have the potential to cause changes in the menstrual cycle. This study aims to determine the relationship between sleep quality, breakfast energy intake, and nutritional status with the menstrual cycle of for female active students in organizations at the Jenderal Soedirman University level.

Method: This research used a cross sectional design on 51 students active in organizations at Jenderal Soedirman University aged 19-22 years using a purposive sampling technique. The instruments used were a menstrual cycle questionnaire to measure the menstrual cycle, the Pittsburgh Quality Sleep Index (PSQI) to measure sleep quality, a 2x24 hour food recall to measure breakfast energy intake, and a microtoise and digital scales for anthropometric measurements. Data analysis used Chi square and Fisher's exact tests.

Research Results: As many as 80% of respondents had poor sleep quality, 86% of respondents had insufficient breakfast energy intake, 43% of respondents had normal nutritional status, and 57% of respondents had normal menstrual cycles. There is a relationship between sleep quality and the menstrual cycle of female for active students of organizations in university level ($p=0,030 < \alpha=0,05$). There was no relationship between breakfast energy intake ($p=0,124 > \alpha=0,05$) and nutritional status ($p=0,780 > \alpha=0,05$) with the menstrual cycle the female active students of organizations in university level.

Conclusion: There is a relationship between sleep quality and the menstrual cycle. There was no relationship between breakfast energy intake and nutritional status with the menstrual cycle.

Keywords: Breakfast energy intake, sleep quality, menstrual cycle, nutritional status,