

ABSTRAK

HUBUNGAN TINGKAT KECUKUPAN MAGNESIUM, KUALITAS TIDUR DAN TINGKAT STRES DENGAN KEJADIAN DISMENORE PRIMER PADA MAHASISWI UNIVERSITAS JENDERAL SOEDIRMAN

Latar Belakang: Mahasiswa termasuk dalam kelompok remaja akhir yang rentan mengalami dismenore primer. Dismenore primer dapat disebabkan oleh kurangnya asupan magnesium, stres, dan kualitas tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kecukupan magnesium, kualitas tidur, dan tingkat stres dengan kejadian dismenore primer pada Mahasiswi Universitas Jenderal Soedirman.

Metodologi: Desain penelitian ini adalah *cross sectional* berjumlah 100 responden berusia 18 – 25 tahun dengan teknik *cluster sampling*. Instrumen yang digunakan adalah kuesioner SQ-FFQ (*Semi Quantitative-Food Frequency Questionnaire*), PSQI (*Pittsburgh Sleep Quality Index*), PSS-10 (*Percieved Stress Scale*), dan kuesioner NRS (*Numeric Rating Scale*). Komponen variabel dianalisis menggunakan uji *chi square* dengan melihat nilai *likelihood ratio*.

Hasil Penelitian: Mayoritas mahasiswi memiliki tingkat kecukupan magnesium kurang (83%), kualitas tidur buruk (86%), stres sedang (76%), dismenore primer nyeri sedang (76%). Hubungan tingkat kecukupan magnesium dengan kejadian dismenore primer ($p=0,644$), hubungan kualitas tidur dengan kejadian dismenore primer ($p=0,001$), hubungan tingkat stres dengan kejadian dismenore primer ($p=0,001$).

Kesimpulan: Tingkat kecukupan magnesium tidak berhubungan dengan dismenore primer, namun kualitas tidur dan tingkat stres berhubungan dengan dismenore primer.

Kata kunci: dismenore primer, kualitas tidur, tingkat kecukupan magnesium, tingkat stres

ABSTRACT

THE RELATIONSHIP BETWEEN MAGNESIUM ADEQUACY, SLEEP QUALITY AND STRESS LEVEL WITH THE INCIDENCE OF PRIMARY DYSMENORRHEA IN FEMALE COLLEGE STUDENTS OF JENDERAL SOEDIRMAN UNIVERSITY

Background: College students, specifically within the late adolescent demographic, are particularly susceptible to primary dysmenorrhea. Factors contributing to primary dysmenorrhea include inadequate magnesium intake, stress, and poor sleep quality. This study aims to explore the associations between magnesium adequacy, sleep quality, and stress levels with the prevalence of primary dysmenorrhea among female college students at Jenderal Soedirman University.

Methods: This research design is cross sectional, involving 100 respondents aged 18-25 years, selected through cluster sampling. Instruments included the SQ-FFQ (Semi Quantitative-Food Frequency Questionnaire), PSQI (Pittsburgh Sleep Quality Index), PSS-10 (Perceived Stress Scale), and NRS (Numeric Rating Scale). Data were analyzed using the chi-square test with likelihood ratio values.

Results: The majority of female college students had insufficient levels of magnesium (83%), poor sleep quality (86%), moderate stress (76%), and moderate pain primary dysmenorrhea (76%). The relationship between magnesium sufficiency levels and the incidence of primary dysmenorrhea ($p=0.644$), the relationship between sleep quality and the incidence of primary dysmenorrhea ($p=0.001$), the relationship between stress levels and the incidence of primary dysmenorrhea ($p=0.001$).

Conclusion: Magnesium sufficiency level was not associated with primary dysmenorrhea, but sleep quality and stress level were associated with primary dysmenorrhea.

Keywords: primary dysmenorrhea, sleep quality, magnesium adequacy level, stress level

