

## ABSTRAK

### HUBUNGAN ANTARA KECUKUPAN KALSIMUM DAN VITAMIN B6 DENGAN *PREMENSTRUAL SYNDROME* (PMS) PADA MAHASISWI UNIVERSITAS JENDERAL SOEDIRMAN

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**Latar belakang:** Salah satu gangguan menstruasi yang sering dialami kelompok wanita usia subur (WUS) termasuk mahasiswi adalah *premenstrual syndrome* (PMS). Prevalensi PMS di dunia mencapai 47,8% dan yang tertinggi berada di negara-negara Asia. Defisiensi zat gizi mikro seperti kalsium dan vitamin B6 dimungkinkan menjadi faktor risiko terjadinya PMS. Penelitian ini bertujuan untuk mengetahui hubungan antara kecukupan kalsium dan vitamin B6 dengan PMS pada mahasiswi Universitas Jenderal Soedirman.

**Metode:** Penelitian menggunakan desain *cross sectional* terhadap 87 responden yang berusia 19-25 tahun dengan teknik *proportional sampling*. Variabel bebas berupa kecukupan kalsium dan vitamin B6, variabel terikat berupa PMS. *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ) digunakan untuk menilai kecukupan kalsium dan vitamin B6, PMS dinilai dengan *Shortened Premenstrual Assesment Form* (SPAF). Analisis data statistik menggunakan uji *Chi-Square* dan Uji *Likelihood*.

**Hasil:** Responden dengan kalsium cukup sebanyak 51,7%, vitamin B6 kurang sebanyak 94,3%, dan mengalami PMS tingkat sedang sebanyak 49,4%. Terdapat hubungan yang signifikan antara kecukupan kalsium dengan *premenstrual syndrome* (PMS) ( $p=0,027$ ). Tidak terdapat hubungan antara kecukupan vitamin B6 dengan *premenstrual syndrome* (PMS) ( $p=0,111$ ).

**Kesimpulan:** Terdapat hubungan antara kecukupan kalsium dengan *premenstrual syndrome* (PMS) pada mahasiswi Universitas Jenderal Soedirman.

**Kata kunci:** kecukupan kalsium, kecukupan vitamin B6, *premenstrual syndrome* (PMS), mahasiswi

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## ABSTRACT

### RELATIONSHIP BETWEEN ADEQUATE OF CALCIUM AND VITAMIN B6 WITH PREMENSTRUAL SYNDROME (PMS) IN STUDENTS OF JENDERAL SOEDIRMAN UNIVERSITY

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**Background:** One of the menstrual disorders experienced by a group of women childbearing age (WUS) including female students is premenstrual syndrome (PMS). The prevalence of PMS in the world reaches 47,8% and the highest is in Asian countries. Deficiency of micronutrients such as calcium and vitamin B6 may be a risk factor for PMS. This study aims to analyze the relationship between calcium and vitamin B6 adequacy with premenstrual syndrome (PMS) in female students at Jenderal Soedirman University.

**Methods:** The study used a cross sectional design of 87 respondents aged 19-25 years with proportional sampling method. The independent variable is calcium and vitamin B6 adequacy, the dependent variable is PMS. The Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) was used to assess the adequacy of calcium and vitamin B6, and PMS was assessed with the Shortened Premenstrual Assessment Form (SPAF). Statistical data analysis used Chi-Square and Likelihood Ratio Test.

**Results:** Respondents with adequate calcium (51,7%), deficit vitamin B6 (94,3%), and experienced moderate levels of PMS (49,4%). There was a significant relationship between calcium adequacy with premenstrual syndrome (PMS) ( $p=0.027$ ). There was no relationship between vitamin B6 adequacy with premenstrual syndrome (PMS) ( $p=0.111$ ).

**Conclusion:** There was a relationship between calcium adequacy with premenstrual syndrome (PMS) in female students at Jenderal Soedirman University.

**Keywords:** calcium adequacy, vitamin B6 adequacy, premenstrual syndrome (PMS), female student

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