

## ABSTRAK

### HUBUNGAN ANTARA ASUPAN ISOFLAVON DAN ASAM LEMAK OMEGA 3 DENGAN TINGKAT KEPARAHAN *PREMENSTRUAL SYNDROME* (PMS) PADA MAHASISWI UNIVERSITAS JENDERAL SOEDIRMAN

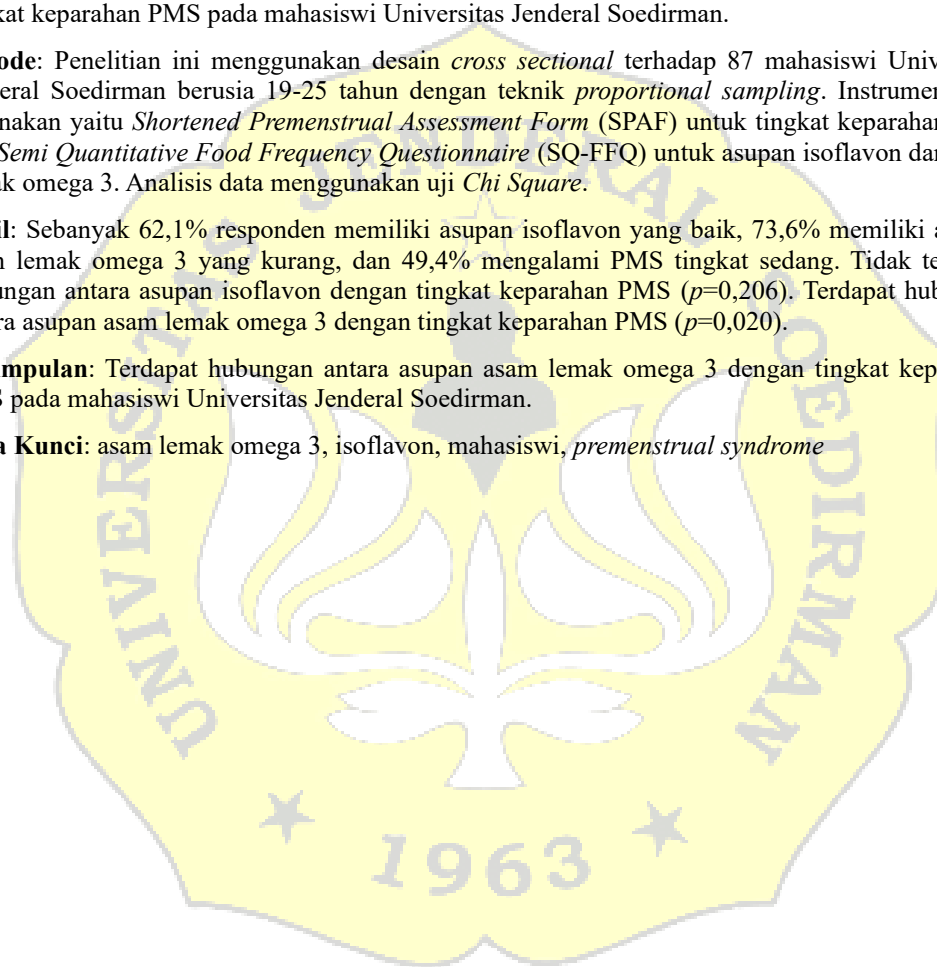
**Latar Belakang:** Mahasiswa merupakan kelompok wanita usia subur (WUS) yang sering mengalami *premenstrual syndrome* (PMS). Sebanyak 95% wanita setidaknya mengalami satu gejala PMS. Semakin berat tingkat keparahan PMS seorang wanita, maka semakin mengganggu aktivitasnya. Asupan isoflavon dan asam lemak omega 3 dapat mengurangi gejala PMS. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan isoflavon dan asam lemak omega 3 dengan tingkat keparahan PMS pada mahasiswa Universitas Jenderal Soedirman.

**Metode:** Penelitian ini menggunakan desain *cross sectional* terhadap 87 mahasiswa Universitas Jenderal Soedirman berusia 19-25 tahun dengan teknik *proportional sampling*. Instrumen yang digunakan yaitu *Shortened Premenstrual Assessment Form* (SPAF) untuk tingkat keparahan PMS dan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ) untuk asupan isoflavon dan asam lemak omega 3. Analisis data menggunakan uji *Chi Square*.

**Hasil:** Sebanyak 62,1% responden memiliki asupan isoflavon yang baik, 73,6% memiliki asupan asam lemak omega 3 yang kurang, dan 49,4% mengalami PMS tingkat sedang. Tidak terdapat hubungan antara asupan isoflavon dengan tingkat keparahan PMS ( $p=0,206$ ). Terdapat hubungan antara asupan asam lemak omega 3 dengan tingkat keparahan PMS ( $p=0,020$ ).

**Kesimpulan:** Terdapat hubungan antara asupan asam lemak omega 3 dengan tingkat keparahan PMS pada mahasiswa Universitas Jenderal Soedirman.

**Kata Kunci:** asam lemak omega 3, isoflavon, mahasiswa, *premenstrual syndrome*



## ABSTRACT

### THE RELATIONSHIP BETWEEN INTAKE OF ISOFLAVONES AND OMEGA 3 FATTY ACIDS AND THE SEVERITY OF PREMENSTRUAL SYNDROME (PMS) IN STUDENTS OF JENDERAL SOEDIRMAN UNIVERSITY

**Background:** Female students are a group of women of childbearing age (WUS) who frequently experience premenstrual syndrome (PMS). Studies indicate that 95% of women encounter at least one symptom of PMS. Daily activities may be disrupted as PMS severity increases. Dietary intake of foods rich in isoflavones and omega 3 fatty acids has the potential to alleviate PMS symptoms. This study aims to determine the relationship between isoflavones and omega 3 fatty acids intake with the severity of PMS among students of Jenderal Soedirman University.

**Method:** This cross-sectional study involved 87 female students from Jenderal Soedirman University, aged 19-25 years, selected by proportional sampling. Data were collected using the Shortened Premenstrual Assessment Form (SPAF) to assess PMS severity and the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) to evaluate intake levels of isoflavones and omega 3 fatty acids. The data were analyzed using Chi Square test.

**Results:** A total of 62.1% of respondents had adequate isoflavone intake, 73.6% had insufficient omega 3 fatty acid intake, and 49.4% experienced moderate PMS severity. No significant relationship was found between isoflavone intake and PMS severity ( $p=0.206$ ). However, a significant relationship was observed between omega 3 fatty acid intake and PMS severity ( $p=0.020$ ).

**Conclusion:** There was a significant relationship between omega 3 fatty acid intake and the severity of PMS among female students of Jenderal Soedirman University.

**Keywords:** female students, isoflavones, omega 3 fatty acids, premenstrual syndrome

