

ABSTRAK

PERBEDAAN *FOOD CRAVING* DAN TINGKAT KECUKUPAN ZAT GIZI MAKRO ANTARA FASE LUTEAL DENGAN FASE FOLIKULAR PADA SIKLUS MENSTRUASI MAHASISWI FAKULTAS ILMU-ILMU KESEHATAN UNIVERSITAS JENDERAL SOEDIRMAN

Ariqa Nurrahmaningsih, Hiya Alfi Rahmah, Katri Andini Surijati

Latar belakang : Di Indonesia prevalensi *Premenstrual Syndrome* (PMS) mencapai 85% dari seluruh populasi wanita usia subur. Dalam siklus menstruasi terdapat dua fase, yaitu fase luteal dan fase folikular. Kedua fase ini mengalami perubahan yang dapat mempengaruhi terjadinya *food craving* dan tingkat kecukupan zat gizi makro. Tujuan penelitian ini untuk mengetahui perbedaan *food craving* dan tingkat kecukupan zat gizi makro antara fase luteal dengan fase folikular pada siklus menstruasi mahasiswi Fakultas Ilmu-ilmu Kesehatan Universitas Jenderal Soedirman.

Metodologi : Studi analitik observasional dengan metode *cross sectional* pada 42 responden mahasiswa dengan pengambilan data sebanyak 2 kali yaitu pada fase luteal dan fase folikular di siklus menstruasi. Data *food craving* diukur menggunakan kuesioner *Food Craving Questionnaire-Trait reduce (FCQ-Tr)* dan data *recall* 1 x 24 jam diambil dengan teknik wawancara. Analisis bivariat menggunakan uji *wilcoxon signed test* dan uji *paired t-test*.

Hasil Penelitian : Berdasarkan total skor *food craving* mayoritas responden mengalami *food craving* pada fase luteal dan persentase tingkat kecukupan zat gizi makro pada fase luteal lebih tinggi dibanding pada fase folikular. Terdapat perbedaan yang signifikan pada *food craving* ($p= 0,000$), tingkat kecukupan karbohidrat ($p= 0,03$), tingkat kecukupan protein ($p= 0,001$), dan tingkat kecukupan lemak ($p= 0,001$) antara fase luteal dan fase folikular.

Kesimpulan : Terdapat perbedaan yang signifikan pada *food craving*, tingkat kecukupan karbohidrat, protein, dan lemak di antara fase luteal dan fase folikular.

Kata Kunci : fase folikular, fase luteal, *food craving*, tingkat kecukupan zat gizi makro

ABSTRACT

DIFFERENCES IN FOOD CRAVINGS AND LEVELS OF MACRONUTRIENT ADEQUACY BETWEEN THE LUTEAL PHASE AND FOLLICULAR PHASE OF THE MENSTRUAL CYCLE AMONG FEMALE STUDENTS OF THE FACULTY OF HEALTH SCIENCES, JENDERAL SOEDIRMAN UNIVERSITY

Ariqa Nurrahmaningsih, Hiya Alfi Rahmah, Katri Andini Surijati

Background : In Indonesia, the prevalence of Premenstrual Syndrome (PMS) reaches 85% of the entire population of women of reproductive age. In the menstrual cycle, there are two phases: the luteal phase and the follicular phase. The change of these two phases can change the occurrence of food craving macro-nutrient intake. The purpose of this study was to determine the differences in food cravings and the levels of macro-nutrient adequacy between the luteal phase and the follicular phase in the menstrual cycle of female students at the Faculty of Health Sciences, Jenderal Soedirman University.

Methods: An observational analytical study using a cross-sectional method was conducted with 42 student respondents. Data were collected twice, once during the luteal phase and once during follicular phase in menstrual cycle. Food craving data was measured using the Food Craving Questionnaire-Trait reduced (FCQ-Tr), and 24-hour dietary recall data was obtained through interviews. Bivariate analysis was assigned using the wilcoxon signed-rank test and paired t-test.

Result : Based on the total food craving scores, the majority of respondents experienced food cravings during the luteal phase, and the percentage of macro-nutrient was higher in the luteal phase compared to the follicular phase. There were significant differences in food craving ($p = 0.000$), carbohydrate intake ($p = 0.03$), protein intake ($p = 0.001$), and fat intake ($p = 0.001$) between the luteal phase and the follicular phase.

Conclusion : There were significant differences in food craving, carbohydrate intake, protein intake, and fat intake between the luteal phase and the follicular phase.

Keywords : follicular phase, food craving, luteal phase, makro nutrient intake