

ABSTRAK

HUBUNGAN ANTARA ASUPAN LEMAK, VITAMIN D, DAN *SEDENTARY LIFESTYLE* DENGAN KEJADIAN DISMENORE PRIMER PADA SISWI SMA NEGERI 3 PURWOKERTO

Tisha Aishani, Atikah Proverawati, Katri Andini Surijati

Latar Belakang: Dismenore primer merupakan nyeri saat menstruasi tanpa adanya kelainan pada organ reproduksi dan berkaitan dengan kontraksi otot rahim. Di Indonesia, prevalensinya mencapai 54,89%, dengan 60-75% kasus dialami oleh remaja putri. Pada remaja dapat terjadi perubahan asupan makan serta pola hidup yang dapat menjadi faktor terjadinya dismenore primer. Oleh karena itu, penelitian ini bertujuan untuk mengetahui hubungan antara asupan lemak, vitamin D, dan *sedentary lifestyle* dengan kejadian dismenore primer pada siswi SMA Negeri 3 Purwokerto.

Metodologi: Penelitian ini menggunakan pendekatan *cross sectional* dengan 81 siswi SMA Negeri 3 Purwokerto sebagai sampel, yang dipilih melalui teknik *purposive sampling*. Data asupan lemak dan vitamin D dikumpulkan melalui wawancara menggunakan SQ-FFQ, *sedentary lifestyle* dikumpulkan menggunakan kuesioner ASAQ, dan tingkat nyeri dismenore primer melalui kuesioner NRS. Analisis data dilakukan dengan Uji Korelasi *Rank Spearman*.

Hasil Penelitian: Sebanyak 46,9% responden mengalami dismenore sedang, 60,5% responden memiliki asupan lemak cukup, 86,4% responden memiliki asupan vitamin D kurang, dan 60,5% responden tergolong sedentari berat. Terdapat hubungan pada variabel asupan lemak ($p = 0,003$) dan *sedentary lifestyle* ($p = 0,035$). Tidak terdapat hubungan pada variabel asupan vitamin D ($p = 0,605$).

Kesimpulan: Terdapat hubungan antara asupan lemak dan *sedentary lifestyle* dengan kejadian dismenore primer, namun tidak terdapat hubungan antara asupan vitamin D dengan kejadian dismenore primer.

Kata Kunci: asupan lemak, asupan vitamin D, dismenore primer, remaja putri, *sedentary lifestyle*.

ABSTRACT

THE RELATIONSHIP BETWEEN FAT INTAKE, VIOTAMIN D, AND SEDENTARY LIFESTYLE WITH THE INCIDENCE OF PRIMARY DYSMENORRHEA AMONG FEMALE STUDENT AT SMA NEGERI 3 PURWOKERTO

Tisha Aishani, Atikah Proverawati, Katri Andini Surijati

Background: Primary dysmenorrhea is menstrual pain that occurs without any abnormalities in the reproductive organs and is associated with uterine muscle contractions. In Indonesia, its prevalence reaches 54,89%, with 60-75% of cases experienced by adolescent girls. During adolescence, changes in dietary intake and lifestyle patterns may contribute to the occurrence of primary dysmenorrhea. Therefore, this study aims to examine the relationship between fat intake, vitamin D, and sedentary lifestyle with the incidence of primary dysmenorrhea among female students at SMA Negeri 3 Purwokerto.

Methodology: This study used a cross-sectional approach with a sample of 81 female students from SMA Negeri 3 Purwokerto, selected by purposive sampling technique. Data on fat and vitamin D intake were collected through interviews using the SQ-FFQ, sedentary lifestyle data were obtained using the ASAQ, and the level of primary dysmenorrhea pain was assessed using NRS questionnaire. Data analysis was conducted by the Spearman Rank Correlation test.

Result: A total of 46,9% of respondents experienced moderate dysmenorrhea, 60,5% had adequate fat intake, 86,4% had insufficient vitamin D intake, and 60,5% were classified as highly sedentary. There was a significant relationship between fat intake ($p = 0,003$) and sedentary lifestyle variables ($p = 0,035$), while no significant relationship was found with vitamin D intake ($p = 0,605$).

Conclusion: There is a relationship between fat intake and sedentary lifestyle with the incidence of primary dysmenorrhea. However, no significant relationship between vitamin D intake and the incidence of primary dysmenorrhea.

Keywords: adolescent girl, fat intake, primary dysmenorrhea, sedentary lifestyle, vitamin D intake.