

ABSTRACT

THE RELATIONSHIP BETWEEN FAT INTAKE AND NUTRITIONAL STATUS TOWARDS MENSTRUAL CYCLE IN 10TH GRADER STUDENTS AT SMAN 13 BANDAR LAMPUNG

by

CICI YULIANA SARI

Background : Menstrual cycle disorders in teenagers is caused by several factors such example is overweight status associated with daily fat intake. The purpose of this study was to determine the relationship between fat intake and nutritional status of the menstrual cycle.

Methods : This study was an observational study with cross sectional analytic against grader X SMAN 13 Bandar Lampung. The number of samples taken by total sampling method that is 180 respondents. The inclusion and exclusion criteria used obtained 163 respondents. The nutritional status of the respondents obtained a body mass index (BMI) to measure weight and height. Data fat intake and the menstrual cycle is known to use a 2x24 hour food recall and a questionnaire menstrual cycle. Data were analyzed by univariate and bivariate comparative test Chi Square.

Results : From this study, respondents had more fat intake by 46.6% and 53.4% of fat intake. Respondents who had a meager 5,5% nutritional status, 84% of normal nutritional status and nutritional status of 10,4% fat. Respondents who experience irregular menstrual cycles of 30.1% and which had regular menstrual cycles 69.9%. For fat intake relation to menstrual siklus obtained $p = 0.003$ and $OR = 2.99$ and nutritional status relationship to the menstrual cycle was obtained $p = 0.001$ and $OR = 25,64$

Conclusions : A significant association between fat intake to the menstrual cycle and also didapatkan significant association between nutritional status of the menstrual cycle.

Keywords : high fat, menstrual cycle, nutritional status.