

ABSTRACT

THE INFLUENCE OF MENSTRUAL CYCLE LENGTH WITH BLOOD GLUCOSE LEVELS IN MEDICAL FACULTY STUDENTS OF LAMPUNG UNIVERSITY CLASS 2013

By

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Early or young adulthood is one stage of the life cycle with an age range 19-40 years. In this stage of the process of maturation of growth and development both physically and psychologically. Maturation of growth and physical development include various organs, one of which is the reproductive organ. Menstrual disorders are important indicators that indicate impaired function of the reproductive system. Some of the factors that can cause menstrual cycle disorders include hormonal disorders, the growth of reproductive organs, nutritional status, stress, age and metabolic diseases such as diabetes mellitus (DM).

This study aims to know the influence the menstrual cycle length with blood glucose levels in students of Faculty of Medicine, Universitas Lampung class 2013. This is an observational analytic method with cross-sectional approach. The populations in this study are the students of Faculty of Medicine, University of Lampung class 2013.

The number of samples in this study amounted to 125 people with a simple random sampling technique with a total sampling method. Menstrual cycle length was measured with a questionnaire history and while blood glucose measured by GOD-PAP method. The result, using *one way annova*, that $p = 0,000$ ($\alpha = < 0,05$) for the length of menstrual cycle with the blood glucose levels.

The analysis showed that there is an influence of the menstrual cycle length with blood glucose levels ($p < 0,05$).

Keywords: Diabetes mellitus (DM), glucose blood, menstrual cycle