

ABSTRAK

HUBUNGAN ANTARA STATUS GIZI DAN TINGKAT STRES DENGAN KEJADIAN *DYSMENORRHEA* PRIMER PADA SISWI SMA NEGERI 15 BANDAR LAMPUNG

Oleh

Ananda Felicia Aziza

Latar Belakang: Kejadian *dysmenorrhea* primer dapat disebabkan oleh banyak faktor resiko diantaranya adalah status gizi dan stres. Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi dan tingkat stres dengan kejadian *dysmenorrhea* primer pada siswi SMA Negeri 15 Bandar Lampung.

Metode Penelitian: Penelitian ini bersifat analitik deskriptif dengan desain *cross sectional*. Penelitian ini dilakukan di SMA Negeri 15 Bandar Lampung dengan jumlah sampel sebanyak 185 orang yang telah dihitung menggunakan metode *proportionate stratified random sampling*. Data dikumpulkan melalui pengukuran tinggi badan dan berat badan secara langsung serta pengisian kuisioner DASS-42 dan kuisioner WaLIDD. Analisis univariat dan bivariat dilakukan menggunakan uji analisis *Chi-square*.

Hasil Penelitian: Hasil analisis univariat menunjukkan bahwa 69,7% responden memiliki status gizi baik, 59% responden mengalami stres sedang-berat, dan 63,2% responden mengalami *dysmenorrhea* primer tingkat sedang. Hasil analisis bivariat menunjukkan adanya hubungan signifikan antara stres dengan kejadian *dysmenorrhea* primer (p value = 0,001), namun tidak menunjukkan hubungan yang signifikan antara status gizi dengan kejadian *dysmenorrhea* primer (p value = 0,443).

Kesimpulan: Terdapat hubungan antara stres dengan kejadian *dysmenorrhea* primer namun tidak ditemukan adanya hubungan antara status gizi dengan kejadian *dysmenorrhea* primer pada siswi di SMA Negeri 15 Bandar Lampung.

Kata Kunci: *dysmenorrhea* primer, remaja, status gizi, stres

ABSTRACT

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND STRESS LEVEL WITH THE INCIDENCE OF PRIMARY DYSMENORRHEA AMONG STUDENTS OF SMA NEGERI 15 BANDAR LAMPUNG

By

Ananda Felicia Aziza

Background: The occurrence of primary dysmenorrhea can be caused by many risk factors, including nutritional status and stress. This study aims to determine the relationship between nutritional status and stress level with the occurrence of primary dysmenorrhea among students of SMA Negeri 15 Bandar Lampung.

Methods: This research was descriptive analytical with a cross-sectional design. This research was conducted at SMA Negeri 15 Bandar Lampung with a sample size of 185 people, calculated using the proportionate stratified random sampling method. Data were collected through direct measurement of height and weight, as well as the completion of the DASS-42 questionnaire and the WaLIDD questionnaire. Univariate and bivariate analyses were conducted using the Chi-square analysis test.

Results: The results of the univariate analysis showed that 69.7% of respondents had good nutritional status, 59% of respondents experienced moderate to severe stress, and 63.2% of respondents experienced moderate primary dysmenorrhea. The results of the bivariate analysis indicated a significant relationship between stress and the occurrence of primary dysmenorrhea (p value = 0.001), but did not show a significant relationship between nutritional status and the occurrence of primary dysmenorrhea (p value = 0.443).

Conclusion: There was a relationship between stress and the occurrence of primary dysmenorrhea, but no relationship was found between nutritional status and the occurrence of primary dysmenorrhea among female students at SMA Negeri 15 Bandar Lampung.

Keywords: adolescents, nutritional status, primary dysmenorrhea, stress