

Relationship Between The Consumption of Vitamin D, Calcium and Physical Activity with The Incidence of Premenstrual Syndrome in State Polytechnic of Jember Students

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ABSTRACT

In general, women experience reproductive events every month called menstruation. Entering the menstrual period, women tend to experience health problems, namely Premenstrual Syndrome (PMS).incidence of Premenstrual Syndrome (PMS) in Indonesia is experienced by 70-90% of women of childbearing age, while 2%-10% experience severe PMS symptoms called Premenstrual Dysphoric Disorder (PMDD). Vitamin D will help reduce severe PMS pain. Calcium has also been shown to significantly reduce PMS symptoms. Physical activity is a factor that can reduce the pain of PMS. The purpose of this study was to determine the relationship between consumption of vitamin D, calcium and physical activity with the incidence of Premenstrual syndrome (PMS) in Jember State Polytechnic students. This research uses analytic observational method with cross sectional. The number of research subjects was 104 State Polytechnic of Jember Students who were taken by purposive sampling. The instruments used are the SQ-FFQ form, the shortened Premenstrual Assessment Form (sPAF) questionnaire and the Global Physical Activity Questionnaire (GPAQ). The results showed that most of the subjects had a frequency of infrequent vitamin D consumption (36.5%), less vitamin D intake (64.4%), infrequent consumption frequency (45.1%) and sufficient calcium intake (56.73%). In physical activity, the majority of respondents have light activities (51.1%). The conclusion is that there is a significant relationship between the frequency of vitamin D consumption (0.01), vitamin D intake (0.025), the frequency of calcium consumption (0.001), calcium intake (0.000) and there is no significant relationship between physical activity and PMS symptoms (0.967).

Keywords: Premenstrual Syndrome, Vitamin D, Calcium, Physical Activity