

***“The Realtionship between Nutritional Status, Protein and Iron Intake on  
the Menstrual Cycle of Adolscent Girls at  
Senior High School 1 Jatiroto”.***

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**ABSTRACT**

*Menstruation is bleeding experienced by women cyclically and periodically that occurs due to sloughing of the endometrial lining. Menstrual cycle disorders are mostly experienced by students of SMAN 1 Jatiroto with a percentage of 27.3%. Menstrual problems in women can be caused by many factors such as nutritional status factors and protein and iron intake. The purpose of this study was to analyze the relationship between nutritional status, protein and iron intake on the menstrual cycle. This type of research is analytic observation with a cross sectional research design and the sample is taken using Simple Random Sampling. The sample in this study were 52 female students of SMAN 1 Jatiroto. Students measured nutritional status with the Z-Score BMI/U indicator. Measurements of protein and iron intake were obtained by performing a 2 x 24 hour recall on holidays and active days. The menstrual cycle data was obtained from a menstrual cycle questionnaire via google form. Analysis of the data used was Chi-square with statistical test results found that there was no significant relationship between nutritional status and menstrual cycle with ( $p = 0.244$ ,  $p > 0.05$ ). The data on protein intake was carried out by statistical tests, it was found that there was no significant relationship between protein intake and the menstrual cycle ( $p = 0.072$ ,  $p > 0.05$ ) while the data on the results of iron intake after statistical tests showed that there was no significant relationship between iron intake iron with menstrual cycle with ( $p = 0.247$   $p > 0.05$ ). So it can be concluded that there is no relationship between nutritional status, protein intake and iron on the menstrual cycle of adolescent girls at SMAN 1 Jatiroto. The advice given to students is to always maintain nutritional status and always maintain protein and iron intake to avoid problems with menstrual cycle disorders.*

***Keywords : Protein Intake, Iron Intake, Menstrual cycle, Nutritional Status***