

The Relation between Consumption Vitamin B6, Zinc, and Age at Menarche with Premenstrual Syndrome in Women College Student at State Polytechnic of Jember

Ratih Putri Damayati, S.Gz., M.Si

Wahyu Nur Choffifah Hartono

Clinical Nutrition Study Program

Majoring in Health

ABSTRACT

Premenstrual syndrome is consists of physical and psychological symptoms experienced by women before menstruation. PMS happen between 7 and 14 days before menstruation. According to preliminary report of 31 jember state polytechnic students, it's known that 100% of the respondents had PMS. 19 respondent have mild symptoms of PMS, and 12 others have moderate symptoms of PMS. There's external and internal factors affect the premenstrual syndrome. An external factor affecting PMS is deficiency of vitamin B6 and zinc, an internal factor can be the age at menarche. The purpose of this study is to find a correlation between vitamin B6, zinc, and age at menarche with premenstrual syndrome in women college student at state polytechnic of jember. This research used analytic observational study methods with a cross sectional approach. Respondents in this research is amount 104 women college student of state polytechnic of jember. This research is used probability sampling with a technique of puposive sampling. Instruments that needed are PSP, informed consent, sq-ffq form, and a spaf questionnaire. This research using two analysis techniques, wich is univariate analysis with software Nutrisyurve 2007, and bivariate analysis with chi square test in software SPSS 25th version. The result of this research, there's a correlation between the frequency of vitamin B6 consumption with PMS ($p = 0.023$) and vitamin b6 intake with PMS ($p = 0.017$). There's a correlation between the frequency of zinc consumption with PMS ($p = 0.003$) and zinc intake with PMS ($p = 0.002$). And there's an correlation between age of menarche with PMS ($p = 0,001$).

Key words : *premenstrual syndrome, vitamin B6, zinc, age of menarche*