THE RELATIONSHIP BETWEEN THE LEVEL OF PROTEIN CONSUMPTION, FAT, NUTRITIONAL STATUS AND CONSUMPTION OF FE TABLETS WITH THE MENSTRUAL CYCLE IN ADOLESCENT GIRLS OF SMK NEGERI 5 JEMBER

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ABSTRACT

The 2018 Riskesdas showed that 68% of women aged 10-59 years experienced regular menstruation, and 68% of women aged 17-29 years. Factors affecting the menstrual cycle include the level of protein and fat consumption, nutritional status and Fe tablet consumption. The purpose of this study was to determine the relationship between the level of protein and fat consumption, nutritional status and Fe tablet consumption with the menstrual cycle in adolescent girls of SMK Negeri 5 Jember. This study used a cross sectional design with analytic survey method. Subjects taken were 153 respondents with random sampling technique. The instruments used in this study were microtoise to measure height, digital scales to measure weight, Fe tablet consumption form to determine Fe tablet consumption, menstrual cycle form to determine menstrual cycle, food recall form to determine protein and fat consumption levels. The results of bivariate tests using Spearman correlation obtained $p = 0.002$ $r = 0.232$ for protein consumption levels, $p = 0.009$ $r = 0.212$ for fat consumption levels, $p = 0.010$ $r = 0.208$ for nutritional status and $p = 0.017$ $r = 0.192$ for Fe tablet consumption so it can be concluded that there is a significant relationship between protein and fat consumption levels, nutritional status and Fe tablet consumption with the menstrual cycle.

Keywords : Fe tablet consumption, menstrual cycle, nutritional status, protein and fat consumption levels.