

Hubungan Aktivitas Fisik dan Status Gizi Dengan Kejadian Dismenore Pada Siswi SMA/SMK/MA Di Kecamatan Wuluhan (Relationship Between Physical Activity and Nutritional Status with the Incidence of Dysmenorrhea in High School Students in Wuluhan District)

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ABSTRACT

Menstrual cramps and pain during menstruation are called dysmenorrhea. The 2020 World Health Organization (WHO) states that the incidence of dysmenorrhea worldwide reaches 90%. About 70-90% of cases occur during adolescence. In Indonesia, 112,657 people (69.35%) experienced dysmenorrhea. Several factors including age at menarche, duration of menstruation, menstrual cycle, nutritional status, physical activity, family history and hormonal imbalance influence dysmenorrhea. Dysmenorrhes can occur in people with underweight and obese nutritional status. Compared to men, women have the lowest percentage of physical activity at 84%. This study aims to analyze the relationship between physical activity and nutritional status with the incidence of dysmenorrhea in adolescent girls. This type of research uses analytical observational methods with a Cross Sectional approach. Samples in this study were taken using Multistage Random Sampling technique, with a total of 75 people, consisting of X and XI grade students at SMAS Muhammadiyah 2 Wuluhan, SMKS 01 Diponegoro, and MA 03 Ma'arif Wuluhan. Data were collected by filling out a questionnaire. Physical activity data were collected through the International Physical Activity Questionnaire (IPAQ) Nutritional status data was obtained by measuring body weight and height, then using IMT/U to determine nutritional status. Dysmenorrhea data were obtained through the Numeric Rating Scale (NRS) questionnaire Statistical analysis was performed using the Cu-Square test. The results showed that there was a relationship between physical activity and the incidence of dysmenorrhea ($p=0.41$). The results also showed that there was no relationship between nutritional status and the incidence of dysmenorrhea ($p=0.250$) in high school students.

Keywords: *Physical Activity, Nutritional Status, Dysmenorrhea, Adolescence*