Relationship Between Nutritional Status, Food Intake And Knowledge Level With The Incidence Of Primary Dysmenorrhea In Kedungasem 4 And Kalisalam 1 Probolinggo Elementary Schools

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ABSTRACT

Menstruation is something that must be experienced by all women, during menstruation it is not uncommon for someone to experience pain during menstruation or known as dysmenorrhea. This pain often interferes with their activities. To overcome this pain, one must know the factors that cause dysmenorrhea. The purpose of this study was to determine the relationship between nutritional status, food intake and knowledge level with the incidence of primary dysmenorrhea in female students at SDN Kedungasem 4 and Kalisalam 1 Probolinggo. This type of research is analytic survey research with a cross-sectional approach. Subjects in this study were taken using the total sampling method with a sample size of 50 respondents with menstrual categories. Techniques for collecting data on nutritional status using digital scales and microtoise, for collecting data on the level of knowledge using a knowledge level questionnaire and for food intake data using the SQ-FFQ intake form. The results of the bivariate test using the chi-square test obtained p-value (p = <0.005) for nutritional status, food intake (fat, iron, vitamin C, calcium and vitamin B12) and level of knowledge, so it can be concluded that there is a relationship between nutritional status, food intake and level of knowledge with the incidence of primary dysmenorrhea.

Key words*: Primary Dysmenorrhea, Nutritional status, Fat intake, Iron intake, Calcium intake, Vitamin C intake, Vitamin B12 intake, Knowledge level*