Correlation Between Nutritional Intake and Nutritional Status with the Menstrual Cycle in Young Women at SMPN 01 Tanggul

Ria Dwi Febriani
Clinical Nutrition Study Program
Health Department

ABSTRACK

Riskesdas data in 2018 shows the percentage of menstrual cycle irregularities at the age of 10-59 years is 13.7% .While Riskesdas 2013 data shows the percentage of menstrual cycle irregularities at the age of 10-59 years is 10.4%. Nutritional status has an important role in the menstrual cycle. At least 22% fat and a greater body mass index of 19kg/m2 are needed for the ovulatoric cycle to be maintained normally .Other factors that also affect the menstrual cycle are nutritional intake factors of energy, protein, fat, carbohydrates and iron.

The purpose of this study was to analyze the relationship between nutritional intake (energy, protein, fat, carbohydrates and iron) and nutritional status with menstrual cycles in adolescent girls at SMPN 01 Tanggul. The subjects were taken as many as 95 respondents with subject retrieval techniques using simple random sampling techniques. The instruments used in this study were mircrotoise to measure height, digital scales to measure weight, mentruation cycle questionnaire to measure respondents' menstrual cycle, 2x24 hour recall form to determine respondents' nutritional intake. The results of the bivariate test using chi-square obtained p = <0.005 for nutritional status, nutritional intake (energy, protein, fat, carbohydrates and iron), so it can be concluded that there is a significant relationship between nutritional status and nutritional intake with the menstrual cycle.

Keywords: Nutritional Intake, Nutritional Status, Menstrual Cycle