

The Correlation between Magnesium, Vitamin C and Zinc Intake with Degree of Primary Dysmenorrhea to Junior High School Students

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ABSTRACT

Dysmenorrhea is pain that occurs during menstruation which quite severe and can interfere with daily activities. The pain caused by dysmenorrhea can vary from a sharp pain, dull, throbbing, nausea, burning, or stabbing, and usually subsides when menstrual bleeding began to recede. Dysmenorrhea is divided into two, primary dysmenorrhea and secondary dysmenorrhea. The pain caused by dysmenorrhea associated with several kinds of nutrients. Less consumption of certain nutrients can cause or aggravate the degree of dysmenorrhea. This study aims to determine the correlation between Magnesium, Vitamin C and Zinc intake with degree of primary dysmenorrhea in Junior High School 1 Tanggul, Jember Regency. This research used analytic survey design with cross sectional approach. The sample in this study amounted to 75 people were selected using stratified random sampling technique. This research was conducted in Junior High School 1 Tanggul for 2 month. The result of Correlation test by Spearman showed there is a correlation between magnesium intake with primary dysmenorrhea which the value of $p = 0,006$ ($p < 0.005$). There is no correlation between Vitamin C intake with primary dysmenorrhea which the value of $p = 0,065$ ($p > 0.005$). And there is a correlation between Zinc intake with primary dysmenorrhea which the value of $p = 0,028$ ($p < 0.005$). The conclusion from this study is there a correlation between Magnesium and Zinc intake with the degree primary dysmenorrhea but there is no correlation between Vitamin C intake with the degree primary dysmenorrhea in Junior High School 1 Tanggul. From the results of this study it is suggested to students who experience with primary dysmenorrhea to consume foods that contain lots of Magnesium, Zinc and other nutrients that can affect primary dysmenorrhea.

Keywords: Magnesium, Vitamin C, Zinc, Primary Dysmenorrhea