

INTISARI

Latar Belakang: Siklus menstruasi normal pada wanita yaitu 21-35 hari. Namun, beberapa wanita diketahui memiliki siklus menstruasi yang tidak teratur. Kondisi ini dapat disebabkan oleh beberapa faktor, antara lain pola dan asupan makan, stress, dan Indeks Masa Tubuh (IMT). Dalam masa pandemi COVID-19, penggunaan internet secara intens berdampak pada *body image* seseorang, sehingga dapat mempengaruhi pola dan asupan makan. **Tujuan:** Mengetahui gambaran keteraturan siklus menstruasi mahasiswi UGM dan hubungannya dengan pola makan, asupan makan serta *body image*. **Metode:** Penelitian ini menggunakan desain *cross sectional* dengan sampel 132 mahasiswi UGM berusia ≥ 18 tahun. Data sosiodemografi, *body image*, pola makan, asupan makan dan siklus menstruasi diambil menggunakan kuesioner, sedangkan data asupan makan diambil menggunakan *Semi Quantitatif-Food Frequency Questionnaire* (SQ-FFQ). Kuesioner disebar dengan teknik *purposive sampling* menggunakan *google formulir* secara daring. Adapun uji statistic yang digunakan pada penelitian ini yaitu *chi square test*. **Hasil:** Sebagian besar responden (72,7%) memiliki siklus menstruasi yang tidak normal. Terdapat hubungan antara *body image* dan pola makan ($p\ value = 0,023 < 0,05$), tidak terdapat hubungan antara *body image* dan asupan energi ($p\ value = 0,368 > 0,05$), tidak terdapat hubungan antara *body image* dan asupan protein ($p\ value = 0,448 > 0,05$), tidak terdapat hubungan antara *body image* dan asupan lemak ($p\ value = 0,308 > 0,05$), tidak terdapat hubungan antara *body image* dan asupan karbohidrat ($p\ value = 0,223 > 0,05$), tidak terdapat hubungan antara *body image* dan siklus menstruasi ($p\ value = 0,354 > 0,05$). Terdapat hubungan antara pola makan dan siklus menstruasi ($p\ value = 0,038 < 0,05$), tidak terdapat hubungan antara asupan energi dan siklus menstruasi ($p\ value = 0,587 > 0,05$), tidak terdapat hubungan antara asupan protein dan siklus menstruasi ($p\ value = 0,879 > 0,05$), tidak terdapat hubungan antara asupan lemak dan siklus menstruasi ($p\ value = 0,353 > 0,05$), tidak terdapat hubungan antara asupan karbohidrat dan siklus menstruasi ($p\ value = 0,608 > 0,05$). **Kesimpulan:** Terdapat hubungan antara *body image* dengan pola makan, dan pola makan dengan siklus menstruasi. Serta tidak terdapat hubungan antara *body image* dengan asupan makan dan asupan makan dengan siklus menstruasi. **Kata Kunci :** *body image*, pola makan, asupan makan, keteraturan siklus menstruasi

ABSTRACT

Background: Women's menstrual cycle normally occurred in 21-35 days. However, some women are known to have irregular menstrual cycles. This condition can be caused by several factors, including eating patterns and dietary intake, stress, and Body Mass Index (BMI). During the COVID-19 pandemic, intense internet use has an impact on a person's body image, so that it can affect eating patterns and dietary intake. **Objective:** To know the regularity of UGM students' menstrual cycle and their relationship to body image, eating patterns and dietary intake. **Method:** This study used a cross sectional design with a sample of 132 UGM students aged 18 years. Sociodemographic data, body image, eating pattern and menstrual cycle were taken using a questionnaire, while dietary intake data was taken using the Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ). The questionnaires were distributed using a purposive sampling technique by an online google form and statistically analyzed using chi square test. **Results:** Most of the respondents (72.7%) had an abnormal menstrual cycle. There is a relationship between body image and diet (p value = $0.023 < 0.05$), there is no relationship between body image and energy intake (p value = $0.368 > 0.05$), there is no relationship between body image and protein intake (p value = $0.448 > 0.05$), there is no relationship between body image and fat intake (p value = $0.308 > 0.05$), there is no relationship between body image and carbohydrate intake (p value = $0.223 > 0.05$), no there is a relationship between body image and menstrual cycle (p value = $0.354 > 0.05$). There is a relationship between diet and menstrual cycle (p value = $0.038 < 0.05$), there is no relationship between energy intake and menstrual cycle (p value = $0.587 > 0.05$), there is no relationship between protein intake and menstrual cycle (p value = $0.879 > 0.05$), there is no relationship between fat intake and menstrual cycle (p value = $0.353 > 0.05$), there is no relationship between carbohydrate intake and menstrual cycle (p value = $0.608 > 0.05$). **Conclusion:** There is a relationship between body image with eating pattern, and eating pattern with menstrual cycle. But there is no relationship between body image with food intake and food intake with the menstrual cycle.

Keywords: body image, eating pattern, dietary intake, menstrual cycle regularity