



HUBUNGAN HUBUNGAN TINGKAT STRES DAN ASUPAN ENERGI TERHADAP SIKLUS MENSTRUASI PADA ATLET REMAJA PUTRI

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ABSTRAK

Latar Belakang: Atlet remaja putri merupakan kelompok yang berpotensi mengalami masalah gizi yaitu kondisi rendahnya ketersediaan energi. Di sisi lain, kelompok remaja dan perempuan menjadi kelompok yang rentan terhadap stres dengan prevalensi gangguan emosional di Indonesia mencapai 9,8%. Atlet putri diketahui lebih sering mengalami gangguan menstruasi dibandingkan populasi umum. Kondisi stres dan kekurangan energi dapat berdampak pada siklus menstruasi. Sehingga penelitian ini secara khusus menyoroti hubungan kedua faktor tersebut terhadap siklus menstruasi pada atlet remaja putri.

Tujuan: Mengetahui hubungan tingkat stres dan asupan energi terhadap siklus menstruasi pada atlet remaja putri.

Metode: Penelitian ini menganalisis data sekunder dengan desain studi *cross-sectional*. Subjek penelitian ini sebanyak 68 atlet remaja putri Kelas Khusus Olahraga (KKO) di tiga SMA wilayah Daerah Istimewa Yogyakarta (SMAN 1 Seyegan, SMAN 2 Ngaglik, dan SMAN 1 Sewon). Variabel yang diteliti meliputi tingkat stres, asupan energi, dan siklus menstruasi masing-masing diukur menggunakan kuesioner *Perceived Stress Scale* (PSS-10), *Food Record* 3 hari, dan *Low Energy Availability in Females Questionnaire* (LEAF-Q). Data dianalisis dengan uji chi-square dan uji rank *spearman*.

Hasil: Rentang usia subjek penelitian yaitu 15-18 tahun dengan rerata usia 16,4 tahun. Hasil analisis statistik uji chi-square menunjukkan tidak terdapat hubungan yang bermakna antara tingkat stres dengan siklus menstruasi ($p=0,577$) serta antara asupan energi dengan siklus menstruasi ($p=0,447$). Selain itu, berdasarkan hasil uji rank *spearman* tidak terdapat hubungan tingkat stres dengan asupan energi ($p=0,065$; $r=0,225$).

Kesimpulan: Tidak terdapat hubungan signifikan antara tingkat stres dan asupan energi dengan siklus menstruasi pada atlet remaja putri. Sementara itu, tidak terdapat hubungan signifikan antara tingkat stres dengan asupan energi pada atlet remaja putri.

KATA KUNCI: Tingkat stres; Asupan Energi; Siklus Menstruasi; Atlet Remaja Putri

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RELATIONSHIP BETWEEN STRESS LEVELS AND ENERGY INTAKE WITH MENSTRUAL CYCLE IN FEMALE ATHLETES

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ABSTRACT

Background: Female adolescent athletes are a group that is potentially experiencing nutritional problems, namely low energy availability. On the other hand, adolescent and female groups are groups that are vulnerable to stress, with a prevalence of emotional disorders in Indonesia reaching 9.8%. Female athletes are known to experience menstrual disorders more often than the general population. Stress and low energy availability can have an impact on the menstrual cycle. So, this study highlights explicitly the relationship between these two factors and the menstrual cycle in female adolescent athletes.

Objective: To determine the relationship between stress levels, energy intake, and the menstrual cycle in female adolescent athletes.

Method: This study analyzed secondary data with a cross-sectional study design. The subjects of this study were 68 female adolescent athletes of the Special Sports Class (KKO) in three high schools in the Special Region of Yogyakarta (SMAN 1 Seyegan, SMAN 2 Ngaglik, and SMAN 1 Sewon). The variables studied included stress levels, energy intake, and menstrual cycles, each measured using the Perceived Stress Scale (PSS-10), 3-day Food Record, and Low Energy Availability in Females Questionnaire (LEAF-Q). Data were analyzed using the Chi-square test and the Spearman rank test.

Result: The age range of the research subjects was 15-18 years with an average age of 16,4 years. The results of the chi-square statistical analysis test showed no significant relationship between stress levels and menstrual cycles ($p=0,577$) and between energy intake and menstrual cycles ($p=0,447$). The chi-square test was not performed to see the relationship between stress levels and energy intake because it did not meet the test requirements. However, based on the results of the Spearman rank test, there was no relationship between stress levels and energy intake ($p=0.065$; $r=0,225$).

Conclusion: There is no significant relationship between stress levels, energy intake, and the menstrual cycle in female adolescent athletes. However, there is no significant relationship between stress levels and energy intake in female adolescent athletes.

KEY WORDS: Stress Level; Energy Intake; Menstrual Cycle; Female Adolescent Athletes

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