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Analisis Perbedaan Body image Berdasarkan Tingkat Dismenorea dan Siklus Menstruasi Pada Remaja Putri di Kota Yogyakarta
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ABSTRAK

Latar Belakang Persepsi *body image* dipengaruhi oleh faktor psikologis dan faktor biologis meliputi siklus menstruasi, nyeri dismenore. Dampak *body image* negatif pada remaja menimbulkan rasa cemas, tidak percaya diri, dan membandingkan diri dengan orang lain. Kejadian *body image* negatif pada remaja di Indonesia masih cukup tinggi sebesar 34,6% dan menjadi salah satu indikator penyebab gangguan kesehatan mental pada remaja.

Tujuan Menganalisis perbedaan *body image* berdasarkan tingkat dismenorea dan siklus menstruasi.

Metode Penelitian Kuantitatif desain *Cross-sectional* pada 336 remaja putri di 5 sekolah menengah atas sederajat di Kota Yogyakarta pada bulan Februari-April. Teknik sampling menggunakan *proportional stratified sampling* dan *consecutive sampling*. Menggunakan kuesioner MBSRQ, NRS, siklus menstruasi. Data dianalisis dengan uji chi square dan regresi logistik biner.

Hasil Remaja putri dengan *body image* negatif sebanyak 12,8%, remaja yang mengalami dismenorea berat sebanyak 12,5%, dan siklus tidak teratur sebanyak 16,67%. Remaja dengan dismenorea berat memiliki peluang 2.4 kali lebih besar memiliki persepsi *body image* negatif dibandingkan remaja dismenorea ringan (*chi-square*; OR = 2,472; 95% CI = 1,114 - 5,485; p = 0,042), dan remaja dengan siklus menstruasi tidak teratur memiliki peluang 0.5 kali lebih besar memiliki persepsi *body image* negatif dibandingkan remaja dengan siklus teratur (*chi-square*; OR = 0,528; 95% CI = 0,248 - 1,123; p = 0,144). Dismenorea berhubungan signifikan dengan *body image* (regresi logistik biner; AOR = 2,391; 95% CI = 1,069 - 5,349; p = 0,034)

Kesimpulan Terdapat perbedaan *body image* berdasarkan tingkat dismenorea dan tidak terdapat perbedaan *body image* berdasarkan siklus menstruasi.

Kata Kunci : *Body image*, Dismenorea, Siklus Mentruasi, Remaja Putri.

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ABSTRACT

Background: *Body image perception is influenced by psychological and biological factors, including the menstrual cycle and dysmenorrhea. A negative body image among adolescents can lead to anxiety, low self-esteem, and a tendency to compare themselves to others. The prevalence of negative body image among adolescents in Indonesia remains quite high, at 34.6%, and is one of the factors contributing to mental health disorders in adolescents.*

Objective: *Analyze differences in body image based on the severity of dysmenorrhea and the phase of the menstrual cycle.*

Method: *This quantitative study with a cross-sectional design involved 336 adolescent girls from 5 high schools or equivalent schools in Yogyakarta City from February to April. The sampling techniques used were proportional stratified sampling and consecutive sampling. This study used the MBSRQ, NRS, and menstrual cycle questionnaire. The data were analyzed using the chi-square test and binary logistic regression.*

Results: *Among adolescent girls, 12.8% have a negative body image perception, 12.5% experienced severe dysmenorrhoea, and 16.67% had irregular cycles. Adolescents with severe dysmenorrhoea were 2.4 times more likely to have a negative body image perception than those with mild dysmenorrhoea (chi-square; OR = 2,472; 95% CI = 1,114 - 5,485; p = 0,042), whilst those with irregular menstrual cycles were 0.5 times more likely to have a negative body image perception than those with regular cycles (chi-square; OR = 0,528; 95% CI = 0,248 - 1,123; p = 0,144). Dysmenorrhoea was significantly associated with body image (binary logistic regression; AOR = 2,391; 95% CI = 1,069 - 5,349; p = 0,034).*

Conclusion: *There are differences in body image based on the severity of dysmenorrhea, but there are no differences in body image based on the phase of the menstrual cycle.*

Keywords: *Body image, Dysmenorrhea, Menstrual Cycle, Adolescent Girls.*