

ABSTRAK

Masalah yang sering muncul pada organ reproduksi wanita salah satunya adalah keputihan. Keputihan merupakan cairan yang dikeluarkan dari alat kelamin selain darah. Cairan ini merupakan tanda dan gejala yang dapat bersifat normal, tetapi dapat juga bersifat abnormal. Faktor penyebab keputihan pada remaja putri salah satunya adalah status gizi. Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi dengan kejadian keputihan pada remaja di SMA N 2 Wates.

Metode penelitian menggunakan desain *cross sectional* dan pengambilan sampel teknik *total sampling* dengan subjek penelitian seluruh siswi kelas XI, dan penelitian dilaksanakan pada tanggal 6 Juni sampai 7 Juni 2018 di SMA N 2 Wates. Alat pengumpulan data menggunakan lembar kuesioner keputihan, pengukuran tinggi badan, berat badan dan lingkar lengan atas. Analisis data menggunakan uji *Chi-square*.

Hasil penelitian menunjukkan bahwa dari 97 responden yang memiliki status gizi normal sebanyak 59 siswi (61%) berdasar IMT, 29 siswi (30%) berdasar LILA dan remaja yang mengalami keputihan patologis sebanyak 19 siswi (19,6%). Hasil uji statistik didapatkan $p\text{-value} > 0,05$, sehingga tidak terdapat hubungan yang signifikan antara status gizi dengan kejadian keputihan pada remaja di SMA N 2 Wates.

Pada penelitian ini baik status gizi kurang, normal dan lebih tidak mempengaruhi terjadinya keputihan pada remaja di SMA N 2 Wates.

KATA KUNCI: Status Gizi, Keputihan Patologis, Remaja SMA N 2 Wates

ABSTRACT

Flour albus is one of common reproductive problems that often arise in the female reproductive organs. Flour albus is fluids that are come out by the genitals aside from bloods. The fluids that comes out is a sign and symptoms that can be normal and abnormal. Factors causing flour albus in adolescent of them is the nutritional status. This study aims to determine the relationship between nutritional status and the incidence of flour albus on adolescents in SMA N 2 Wates.

A cross-sectional study was performed in SMA N 2 Wates on 6 until 7th June 2018. The total sampling technique was used on this study. All female students from the 11th grade participated as the object of study. A list of questions was arranged in a flour albus questionnaire sheet as an instrument to collect the data. Measurement of height, weight, and LILA was also conducted to assess the nutritional status. Furthermore, the data was analyzed using Chi-square test.

The result showed that out of 97 participants, there are normal nutritional status as 59 students (61%) on BMI, as 29 students (30 %) based on mid-upper arm circumference measurement, whereas only as 19 students (19.6%) of the participants that experienced pathological flour albus. The result of statistical test obtained $p\text{-value} > 0,05$, so there is no significant correlation between nutritional status with the occurrence of pathological flour albus.

This research less nutritional status, normal and more does not affect the occurrence of pathological flour albus in adolescents in SMAN 2 Wates.

KEYWORDS: *Nutritional Status, Pathological flour albous, and adolescents in SMAN 2 Wates*