

ABSTRAK

Latar belakang: Obesitas merupakan permasalahan kesehatan global yang prevalensinya kian meningkat, baik pada lingkup dewasa maupun pada anak-anak dan remaja. Namun, studi mengenai dampak dari abnormalitas status gizi remaja terhadap kejadian *dysmenorrhea* menunjukkan hasil yang inkonsisten. *Dysmenorrhea* merupakan sumber disabilitas pada sejumlah besar wanita pada awal usia reproduktif sehingga penting untuk mengetahui faktor-faktor risiko dari *dysmenorrhea*.

Tujuan: Untuk mengetahui hubungan status gizi berdasarkan ukuran lingkaran pinggang dan rasio lingkaran pinggang-tinggi badan (RLPTB) terhadap kejadian *dysmenorrhea* pada siswi usia 13-15 tahun di SMPN 1 Sewon dan SMPN 2 Yogyakarta.

Metode: Pada studi dengan metode potong lintang ini, data diperoleh dari 361 siswi SMPN 1 Sewon dan SMPN 2 Yogyakarta. Ukuran lingkaran pinggang dan RLPTB diperoleh melalui pengukuran antropometri, sedangkan kejadian *dysmenorrhea* diketahui melalui pengisian kuesioner. Hubungan status gizi ditinjau dari ukuran lingkaran pinggang dan RLPTB dengan kejadian *dysmenorrhea* kemudian diuji dengan uji Mann-Whitney dan *Chi-Square*.

Hasil: Terdapat 22 subjek penelitian (6%) yang termasuk obesitas berdasarkan ukuran lingkaran pinggang dan 44 subjek penelitian (12,2%) termasuk obesitas berdasarkan RLPTB. *Dysmenorrhea* dialami oleh 242 subjek (67%) dengan 166 subjek (68,6%) mengalami *dysmenorrhea* ringan dan 76 subjek (31,4%) lainnya mengalami *dysmenorrhea* sedang. Tidak terdapat perbedaan rerata lingkaran pinggang dan RLPTB yang bermakna antara populasi dengan *dysmenorrhea* dan populasi tanpa *dysmenorrhea*. Tidak ditemukan hubungan antara status gizi berdasarkan ukuran lingkaran pinggang dengan kejadian *dysmenorrhea* ($p=0,079$). Namun, *dysmenorrhea* memiliki asosiasi signifikan dengan status gizi berdasarkan RLPTB ($p=0,026$).

Kesimpulan: Terdapat hubungan antara status gizi berdasarkan rasio lingkaran pinggang-tinggi badan dan kejadian *dysmenorrhea* dengan risiko *dysmenorrhea* lebih tinggi pada populasi yang tidak mengalami obesitas.

Kata kunci: *Dysmenorrhea*, status gizi, lingkaran pinggang, rasio lingkaran pinggang-tinggi badan

ABSTRACT

Background: Obesity is a growing health problem which do not only affect adults but also children and teenagers. However, few studies about the impact of malnutrition on teenagers- dysmenorrhea particularly- showed inconsistent results. Furthermore, it is important to know the risk factors of dysmenorrhea since it is a source of recurrent disability for a significant number of women in their early reproductive years.

Objective: To know the relationship between nutritional status based on waist circumference and waist-to-height ratio (WHtR) with dysmenorrhea in female students aged 13 to 15 years in SMPN 1 Sewon and SMPN 2 Yogyakarta.

Methods: In this cross-sectional study, data was collected among 361 female students from 2nd and 3rd grade in SMPN 1 Sewon and SMPN 2 Yogyakarta. Waist circumference and WHtR were collected through anthropometric measurements, while dysmenorrhea cases were collected in the form of questionnaires. The relationship between the nutritional status based on waist circumference and WHtR with dysmenorrhea were analysed using the Mann-Whitney and Chi-Square test.

Results: Twenty two subjects (6%) were considered obese - in retrospect to their waist circumference - while another 44 subjects (12.2%) were also categorised as obese based on WHtR. Dysmenorrhea was reported in 242 subjects (67%) with 166 subjects (68,6%) experienced mild dysmenorrhea and 76 of them (31.4%) experienced moderate dysmenorrhea. The Mann-Whitney test showed no significant difference between waist circumference and WHtR on either dysmenorrhea cases or non-dysmenorrhea cases. The Chi-Square test also did not show any link between nutritional status and dysmenorrhea cases based on waist circumference ($p=0,079$). However, dysmenorrhea had a significant relationship with nutritional status based on WHtR ($p=0,026$).

Conclusion: There was relationship between nutritional status based on waist-to-height ratio and dysmenorrhea with higher risk of dysmenorrhea in non-obese group.

Keywords: Dysmenorrhea, nutritional status, waist circumference, waist-to-height ratio