

INTISARI

HUBUNGAN ASUPAN SERAT DAN VITAMIN E DENGAN KEJADIAN DYSMENORRHEA PRIMER PADA MAHASISWI PROGRAM STUDI S1 GIZI KESEHATAN FAKULTAS KEDOKTERAN UNIVERSITAS GADJAH MADA YOGYAKARTA

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Latar Belakang : *Dysmenorrhea* primer adalah nyeri saat menstruasi yang berulang dan tidak berhubungan dengan adanya patologi pada organ pelviknya. *Dysmenorrhea* primer merupakan masalah ginekologikal yang sering dikeluhkan wanita. Diet berperan dalam mengurangi kejadian *dysmenorrhea* primer, di antaranya adalah serat dan vitamin E. Serat merupakan kerja estrogen *dysposal system* secara natural, sedangkan vitamin E berperan dalam menghambat biosintesis prostaglandin dan meningkatkan produksi prostasiklin. Mekanisme dari kedua zat tersebut berperan dalam menghambat patogenesis *dysmenorrhea* primer.

Tujuan : Untuk mengetahui hubungan asupan serat dan vitamin E dengan kejadian *dysmenorrhea* primer pada mahasiswa Program Studi S1 Gizi Kesehatan Fakultas Kedokteran Universitas Gadjah Mada Yogyakarta.

Metode Penelitian : Penelitian ini merupakan penelitian observasional dengan rancangan *cross-sectional*. Penelitian melibatkan 130 mahasiswa S1 Gizi Kesehatan Fakultas Kedokteran UGM berusia 18-22 tahun yang ditentukan dengan *purposive sampling*. Asupan serat dan vitamin E diukur menggunakan kuesioner *semiquantitative food frequency questionnaire* (SQ-FFQ), sementara kejadian *dysmenorrhea* primer diukur menggunakan kuesioner *Faced Pain Scales Revised*.

Hasil Penelitian : Hasil uji *Spearman* menunjukkan ada hubungan bermakna antara asupan serat ($p = 0,005$; $r = -0,247$) dan asupan vitamin E ($p = 0,043$; $r = -0,178$) dengan kejadian *dysmenorrhea* primer. Hasil uji *Chi-square* terhadap karakteristik responden menunjukkan ada hubungan bermakna ($p = 0,013$) antara riwayat ibu *dysmenorrhea* dengan kejadian *dysmenorrhea* primer.

Kesimpulan : Terdapat hubungan bermakna antara asupan serat, asupan vitamin E, dan riwayat ibu *dysmenorrhea* dengan kejadian *dysmenorrhea* primer pada mahasiswa.

Kata Kunci : *Dysmenorrhea primer, serat, vitamin E*

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ABSTRACT

ASSOCIATION BETWEEN INTAKE OF DIETARY FIBER AND VITAMIN E WITH INCIDENCE OF PRIMARY DYSMENORRHEA AMONG UNDERGRADUATE FEMALE STUDENTS IN NUTRITION AND HEALTH, FACULTY OF MEDICINE, GADJAH MADA UNIVERSITY, YOGYAKARTA

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Background : Primary dysmenorrhea is a recurrent painful menses and is not associated with its pathological pelvic. Primary dysmenorrhea is a common gynecological disorder among women. Diet may has a beneficial effect on reduce the incidence of primary dysmenorrhea. Dietary fiber is an estrogen dysposol system naturally, whereas vitamin E has play to block prostaglandin's biosynthesis and increases to produce prostacyclin. Both of the mechanism substances may has a beneficial effect on primary dysmenorrhea pathogenesis blocking.

Objective : To investigate association between intake of dietary fiber and vitamin E with incidence of primary dysmenorrhea among undergraduate female students in Nutrition and Health, Faculty of Medicine, Gadjah Mada University, Yogyakarta.

Method : This study was an observational study with cross-sectional design. This study involved as much as 130 undergraduate female students and collected by purposive sampling. Intake of dietary fiber and vitamin E was assessed by semiquantitative food frequency questionnaire (SQ-FFQ), meanwhile incidence of primary dysmenorrhea was assessed by Faced Pain Scales Revised questionnaire.

Result : The result of Spearman correlation test showed that there was a significant association between intake of dietary fiber ($p = 0,005$; $r = -0,247$) and intake of vitamin E ($p = 0,043$; $r = -0,178$) with incidence of primary dysmenorrhea. The result of Chi-square test towards individual characteristic showed that there was a significant association between maternal dysmenorrhea with incidence of primary dysmenorrhea ($p = 0,013$).

Conclusion : There was a significant association between intake of dietary fiber, intake of vitamin E, and maternal dysmenorrhea with incidence of primary dysmenorrhea.

Keywords : Primary dysmenorrhea, dietary fiber, vitamin E

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