

HUBUNGAN ASUPAN AIR PUTIH DENGAN KEJADIAN DISMENORE PADA REMAJA PUTRI

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INTISARI

Latar Belakang : Dismenore merupakan kejadian simptomatik meliputi nyeri perut, kram, sakit punggung yang disebabkan oleh adanya peningkatan prostaglandin. Prevalensi dismenore pada remaja di Indonesia tahun 2008 cukup tinggi yaitu 64,5%. Terdapat beberapa alternatif penanganan dismenore salah satunya terapi minum air putih. Konsumsi air putih yang cukup dapat membantu suplai oksigen yang berikatan dengan hemoglobin dan memulihkan volume sirkulasi darah sehingga aliran darah menjadi lancar saat menstruasi dan mengurangi nyeri. Konsumsi air putih juga sangat penting dan perlu diperhatikan karena konsumsi air pada usia remaja tergolong rendah. *The Indonesian Hydration Regional Study (THIRST)* mengungkapkan bahwa 49,5% remaja yang diteliti mengalami kurang air. Penelitian ini mencoba secara observasional hubungan antara asupan air putih dengan kejadian dismenore pada remaja putri.

Tujuan : Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara asupan air putih dengan kejadian dismenore pada remaja putri.

Metode Penelitian : Penelitian ini merupakan penelitian observasional dengan rancangan *cross sectional* pada remaja putri MAN 1 Yogyakarta. Formulir diisi oleh responden secara mandiri, yang terdiri atas formulir *fluid record* dan formulir skala dismenore.

Hasil Penelitian : Sebanyak 77% responden masih mengalami kurang konsumsi air. Sedangkan, sebanyak 82,5% responden mengalami dismenore dan masih terdapat responden yang mengalami nyeri berat (7%). Hasil analisis uji korelasi *spearman* menyatakan tidak ada hubungan yang bermakna antara asupan air putih dengan dismenore ($p=0,934$). Hasil analisis dari karakteristik responden dengan dismenore menggunakan uji *chi-square* terdapat hubungan antara lama menstruasi dengan dismenore ($p=0,032$).

Kesimpulan : Tidak ada hubungan yang bermakna antara asupan air putih dengan kejadian dismenore pada remaja putri ($p=0,934$), akan tetapi terdapat faktor lain yang bermakna terhadap dismenore yaitu lama menstruasi ($p=0,032$).

Kata Kunci : *Dismenore, Asupan Air putih*

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ASSOCIATION BETWEEN INTAKES OF MINERAL WATER WITH INCIDENCE OF DYSMENORRHEA IN FEMALE ADOLESCENTS

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ABSTRACT

Background: Dysmenorrhea is a symptomatic incidence including abdominal pain, cramp, and back pain caused by increasing of prostaglandins. Prevalence of dysmenorrhea in Indonesia in 2008 is more than average, 64,5%. Therapy using mineral water is one of some alternatives, which can reduce dysmenorrhea. Adequate intake of mineral water can stimulate oxygen-haemoglobin supply and recover volume of blood circulations. With this condition, blood flow becomes more smoothly and abdominal pain during period can be reduced. Intakes of mineral water are so substantial and need more attention due to fact indicating low intake of mineral water among adolescence. This is strengthened by the result of research conducted by The Indonesian Hydration Regional Study (THIRST) that states 49,5% of adolescence have low intake of mineral water. This study tries to analyze observationally association between intakes of mineral water with incidence of primary dysmenorrhea in female adolescents.

Objective: To investigate association between intakes of mineral water with incidence of primary dysmenorrhea in female adolescents.

Method: This study was an observational research with cross sectional design. This research involved female adolescents of MAN 1 Yogyakarta. This study used self-reported forms, which were filled by the respondents themselves. Forms that being used in this study was fluid record form and dysmenorrhea scale form.

Result: Respondents who still had low intake of mineral water were stated as 77%. Incidence of dysmenorrhea was 82,5% and 7% of it was in the extreme pain. The result of analysis using spearman correlation test stated that there was no relationship between intakes of mineral water with incidence of primary dysmenorrhea in female adolescents ($p=0,934$). Meanwhile, the result of characteristic analysis using chi-square test stated that there was relationship between menstrual length and dysmenorrhea ($p=0,032$).

Conclusion: There was no relationship between intakes of mineral water with incidence of primary dysmenorrhea in female adolescents ($p=0,934$). Meanwhile, there was relationship between menstrual length and dysmenorrhea ($p=0,032$).

Keyword : *Dismenore, asupan air putih*

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