

INTISARI

Latar Belakang : *dysmenorrhea* adalah nyeri terkait menstruasi yang merupakan keluhan terkait menstruasi terbanyak yang dialami wanita. *Dysmenorrhea* dapat dipengaruhi oleh gaya hidup, seperti status gizi dan aktivitas fisik. Gaya hidup yang dimiliki setiap orang dapat dipengaruhi tempat tinggalnya.

Tujuan : mengetahui perbedaan indeks massa tubuh (IMT), aktivitas fisik, kejadian *dysmenorrhea*, dan intensitas *dysmenorrhea* pada anak di daerah rural dan urban, serta mengetahui hubungan IMT dan aktivitas fisik dengan kejadian dan intensitas *dysmenorrhea*.

Metode : penelitian ini dilakukan dengan metode *cross-sectional*. Data IMT diambil dengan pengukuran langsung, sedangkan data kejadian *dysmenorrhea* menggunakan kuisioner, data aktivitas fisik menggunakan kuisioner adaptasi *Adolescent Physical Activity Questionnaire* (APARQ) dan intensitas *dysmenorrhea* diambil dari kuisioner adaptasi *Verbal Rating Scale*. Analisis perbedaan IMT, aktivitas fisik, dan intensitas *dysmenorrhea* rural dan urban, dan hubungan IMT dan aktivitas fisik dengan kejadian *dysmenorrhea* menggunakan uji *Mann-Whitney*, analisis perbedaan aktivitas fisik rural dan urban menggunakan uji *Chi-Square*, dan analisis hubungan IMT dan aktivitas fisik dengan intensitas *dysmenorrhea* menggunakan uji *Spearman*.

Hasil : ada perbedaan bermakna pada IMT, aktivitas fisik, dan intensitas *dysmenorrhea* antara siswi di daerah urban dan rural ($p < 0,05$). Ada hubungan bermakna antara aktivitas fisik dengan intensitas *dysmenorrhea* ($p < 0,05$) dengan nilai korelasi negatif.

Kesimpulan : ada perbedaan IMT, aktivitas fisik, dan intensitas *dysmenorrhea* pada anak di daerah rural dengan urban. Semakin banyak aktivitas fisik yang dilakukan akan menurunkan kemungkinan terjadinya *dysmenorrhea* dan menurunkan intensitas *dysmenorrhea* pada anak.

Kata kunci : indeks massa tubuh, aktivitas fisik, *dysmenorrhea*

ABSTRACT

Background : dysmenorrhea is menstruation related pain which is the most common menstruation related complain suffered by women. Dysmenorrhea can be affected by lifestyle, such as nutritional status and physical activity. Lifestyle can be affected by residential area, for example children who live in rural area may have a different lifestyle with urban area.

Objective : to know the differences in body mass index (BMI), physical activity, the incidence of dysmenorrhea, and the intensity of dysmenorrhea among children in rural and urban area, and to know the correlation between BMI, physical activity and the incidence and intensity of dysmenorrhea.

Method : this research conducted in cross-sectional method. BMI directly measured to the subject, the incidence of dysmenorrhea acquired from a questionnaire, physical activity acquired from a questionnaire adapted from Adolescent Physical Activity Questionnaire (APARQ) and the intensity of dysmenorrhea acquired from a questionnaire adapted from Verbal Rating Score. Difference in BMI, physical activity, and the intensity of dysmenorrhea between children in rural and urban area, and correlation between BMI, physical activity and the incidence of dysmenorrhea analyzed using Mann-Whitney test, difference in the incidence of dysmenorrhea between children in rural and urban area analyzed using Chi-Square test, and correlation between BMI, physical activity and the intensity of dysmenorrhea analyzed using Spearman test.

Result : there are significant differences in BMI, physical activity, and the intensity of dysmenorrhea among students in rural and urban area ($p < 0,05$). There is a significant relationship between physical activity and the intensity of dysmenorrhea ($p < 0,05$) with a negative correlation value.

Conclusion : differences are found in BMI, physical activity, and the intensity of dysmenorrhea among children in rural and urban area. Enhancement in physical activity can decrease the intensity of dysmenorrhea in children.

Key words : body mass index, physical activity, dysmenorrhea