

ABSTRAK

Hubungan Status Gizi Dan Lingkar Lengan Atas Dengan Derajat Dismenorea Pada Remaja Putri Di Wilayah Rw 05 Kelurahan Gunungronggo Kecamatan Tajinan Kabupaten Malang

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Remaja putri mempunyai permasalahan sangat kompleks, salah satunya masalah desminore. Penelitian ini bertujuan untuk Mengetahui Hubungan Status Gizi Dan Lingkar Lengan Atas Terhadap Derajat Dismenorea Pada Remaja Putri Di Wilayah Rw 05 Kelurahan Gunungronggo Kecamatan Tajinan Kabupaten Malang.

Desain penelitian survey analitik dengan pendekatan Cross Sectional. Sampel penelitian ini 50 Remaja Putri Di Wilayah Rw 05 Kelurahan Gunungronggo Kecamatan Tajinan Kabupaten Malang menggunakan purposive sampling. Analisis data yang digunakan Uji statistik chi square.

Hasil penelitian status Gizi Tidak Normal 36 (72%), LILA kategori Normal 39 (88%) dan Desminore Ringan 28 (56%), Uji chi square didapatkan nilai signifikansi variabel Status Gizi 0,020 dan variabel Lila 0,047, semua variabel bernilai $<0,05$ yang artinya ada Hubungan Status Gizi Dan Lingkar Lengan Atas Terhadap Derajat Dismenorea Pada Remaja Putri Di Wilayah Rw 05 Kelurahan Gunungronggo Kecamatan Tajinan Kabupaten Malang. Status gizi merupakan yang paling berhubungan dikarenakan nilai signifikansi $<0,05$.

Berdasarkan hasil penelitian dapat disimpulkan ada Hubungan Status Gizi Dan Lingkar Lengan Atas Terhadap Derajat Dismenorea Pada Remaja. Sehingga Bagi petugas kesehatan juga diharapkan memberikan program untuk kesehatan remaja dalam menangani kasus gizinya seperti senam setiap seminggu sekali serta memberikan pendidikan kesehatan yang lebih menarik seperti video edukasi melalui akun media social bagi remaja.

Kata Kunci : Status Gizi, LILA, Desmonire

ABSTRACT

Relationship Between Nutritional Status and Upper Arm Circumference with the Degree of Dysmenorrhea in Adolescent Girls in RW 05, Gunungronggo Village, Tajinan District, Malang Regency

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Adolescent girls have very complex problems, one of which is dysmenorrhea. This study aims to determine the relationship between nutritional status and upper arm circumference to the degree of dysmenorrhea in adolescent girls in the RW 05 area of Gunungronggo Village, Tajinan District, Malang Regency.

The design of the analytical survey research with a cross-sectional approach. The sample of this study was 50 adolescent girls in the RW 05 area of Gunungronggo Village, Tajinan District, Malang Regency using purposive sampling. Data analysis used the chi square statistical test.

The results of the study showed that the nutritional status was not normal 36 (72%), the normal category of LILA was 39 (88%) and mild dysmenorrhea was 28 (56%), the chi square test obtained a significance value of the nutritional status variable of 0.020 and the LILA variable of 0.047, all variables were <0.05 which means that there is a relationship between nutritional status and upper arm circumference to the degree of dysmenorrhea in adolescent girls in the RW 05 area of Gunungronggo Village, Tajinan District, Malang Regency. Nutritional status is the most related because the significance value is <0.05 . Based on the results of the study, it can be concluded that there is a Relationship Between Nutritional Status and Upper Arm Circumference to the Degree of Dysmenorrhea in Adolescents. So that health workers are also expected to provide programs for adolescent health in handling nutritional cases such as exercise once a week and providing more interesting health education such as educational videos through social media accounts for adolescents.

Keywords: *Nutritional Status, Lila, Desmonire*