

# Perbedaan Proporsi Dismenore Primer Berdasarkan Pola Makan dan Faktor Lainnya pada Mahasiswi S1 Fakultas Kesehatan Masyarakat Universitas Indonesia Tahun 2023 = Differences in the Proportion of Primary Dysmenorrhea Based on Diet and Other Factors in Undergraduate Students at the Faculty of Public Health Universitas Indonesia in 2023

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## Abstrak

Tujuan penelitian ini adalah mengetahui prevalensi serta perbedaan proporsi dismenore primer berdasarkan durasi perdarahan saat menstruasi, riwayat keluarga, aktivitas fisik, stres, kebiasaan sarapan, frekuensi konsumsi lemak jenuh, konsumsi omega-3, konsumsi zat besi, frekuensi konsumsi produk susu, konsumsi kafein, dan frekuensi konsumsi gula tambahan pada mahasiswa S1 FKM UI Tahun 2023. Penelitian ini menggunakan desain cross sectional dan dilakukan pada 150 mahasiswa S1 Reguler angkatan 2019-2022 S1 FKM UI yang terpilih melalui teknik sampling systematic random sampling di bulan Mei 2023. Pengisian kuesioner dilakukan secara daring melalui google form dan spreadsheet. Data yang telah diperoleh kemudian dianalisis dengan uji chi square dan regresi logistik ganda. Hasil analisis menunjukkan bahwa 61,3% mahasiswi mengalami dismenore primer. Hasil analisis bivariat juga menunjukkan bahwa terdapat perbedaan proporsi dismenore primer yang signifikan berdasarkan riwayat keluarga, konsumsi kafein, dan frekuensi konsumsi gula tambahan. Analisis multivariat menunjukkan bahwa frekuensi konsumsi gula tambahan merupakan faktor dominan terhadap kejadian dismenore primer pada mahasiswi S1 FKM UI tahun 2023.

.....The focus of this study is to determine the prevalence and differences in the proportion of primary dysmenorrhea based on bleeding duration during menstruation, family history, physical activity, stress, breakfast habits, frequency of saturated fat intake, omega-3 intake, iron intake, frequency of dairy products intake, caffeine intake, and frequency of added sugars intake in undergraduate students at Faculty of Public Health, Universitas Indonesia in 2023. This cross-sectional study was conducted on 150 female students in class 2019-2022 from the Faculty of Public Health, Universitas Indonesia, who were chosen by using a systematic random sampling approach in May 2023. The data was collected online by filling out the Google form and spreadsheet. The obtained data were then analyzed using chi-square and multiple logistic regression tests. The univariate analysis resulted in 61,3% of female students experiencing primary dysmenorrhea. The bivariate analysis also shows significant differences in the proportion of primary dysmenorrhea based on family history, caffeine, and frequency of added sugars intake. According to the multivariate analysis, the frequency of added sugars intake is the dominant factor influencing primary dysmenorrhea among Undergraduate Students at the Faculty of Public Health, Universitas Indonesia in 2023.