Hubungan Kualitas Diet dan Persentase Lemak Tubuh dengan Siklus Menstruasi pada Atlet Putri

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ABSTRAK

Latar Belakang: Siklus menstruasi yang tidak teratur dapat mengganggu latihan sehingga menurunkan performa atlet. Kualitas diet dan persentase lemak tubuh diduga dapat mempengaruhi siklus menstruasi.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan kualitas diet dan persentase lemak tubuh dengan siklus menstruasi pada atlet putri.

Metode: Penelitian dilakukan pada tahun 2022 di Semarang dan Kabupaten Magelang dengan desain penelitian *cross-sectional*. Sampel yang digunakan ialah 60 atlet putri usia 15-19 tahun dari beberapa cabang olahraga. Siklus menstruasi diambil melalui wawancara langsung menggunakan kuesioner selama 3 bulan terakhir. Data asupan gizi diambil menggunakan *form Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ). Data skor kualitas diet diperoleh dari hasil konversi asupan riwayat makan ke dalam kuesioner *Athlete Diet Index* (ADI). Persentase lemak tubuh diukur menggunakan *Bioelectrical Impedance Analysis* (BIA). Analisis bivariat menggunakan uji *Chi-Square*.

Hasil: Sebanyak 39% atlet memiliki kualitas diet rendah, 5,1% memiliki persentase lemak tubuh rendah, 16,9% memiliki persentase lemak tubuh tinggi, dan 23,7% atlet mengalami oligomenorea. Tidak terdapat hubungan antara kualitas diet (p = 0,336) dan persentase lemak tubuh (p = 0,836) dengan siklus menstruasi pada atlet putri.

Simpulan: Tidak terdapat hubungan yang signifikan antara kualitas diet dan persentase lemak tubuh dengan siklus menstruasi pada atlet putri.

Kata Kunci: kualitas diet, persentase lemak tubuh, siklus menstruasi, atlet remaja putri

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Relationship between Diet Quality and Body Fat Percentage with Menstrual Cycle in Female Athletes

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ABSTRACT

Background: Irregular menstrual cycle can be interfered by training thereby decreasing athletes' performance. Diet quality and body fat percentage were assumed might affect the menstrual cycle.

Objective: This study aims to determine the relationship between diet quality and body fat percentage with the menstrual cycle in female athletes.

Methods: The study was conducted in 2022 at Semarang and Magelang Regency with a cross-sectional study design. The sample was 60 female athletes aged 15-19 years from several sports. The menstrual cycle was taken through direct interviews using a questionnaire for the last 3 months. Nutritional intake data was taken using the Semi-Quantitative Food Frequency Questionnaire. Diet quality score data were obtained from the conversion of dietary intake into the Athlete Diet Index questionnaire. Body fat percentage was measured using Bioelectrical Impedance Analysis. Bivariate analysis used the Chi-Square test.

Results: As many as 39% of athletes had a low diet quality, 5,1% had a low body fat percentage, 16,9% had a high body fat percentage, and 23,7% had oligomenorrhea. There were no relationship between diet quality ($p = 0,336$) and body fat percentage ($p = 0,836$) with the menstrual cycle.

Conclusion: There were no significant relationship between diet quality and body fat percentage with the menstrual cycle in female athletes.

Keywords: diet quality, body fat percentage, menstrual cycle, female adolescent athletes

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