

Hubungan Persen Lemak Tubuh, Aktivitas Fisik, dan Kebiasaan Konsumsi Kopi terhadap Tingkat Dismenorea pada Santriwati Usia 17-25 Tahun

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ABSTRAK

Latar Belakang: Tingkat dismenorea pada santriwati remaja merupakan masalah kesehatan yang diduga berkaitan dengan persen lemak tubuh berlebih yang disebabkan oleh rendahnya aktivitas fisik serta kebiasaan konsumsi kopi yang diduga dapat menurunkan oksigen dalam darah dan meningkatkan kejadian nyeri saat menstruasi.

Tujuan: Menganalisis hubungan persen lemak tubuh, aktivitas fisik, dan kebiasaan konsumsi kopi terhadap tingkat dismenorea pada santriwati usia 17-25 tahun.

Metode: Penelitian kuantitatif dengan metode survei analitik atau observasional dan menggunakan desain penelitian *cross sectional* pada 81 santriwati Pondok Pesantren Kyai Galang Sewu Semarang yang berusia 17-25 tahun dan memenuhi kriteria inklusi, setiap subjek diberikan kuesioner tingkat dismenorea, aktivitas fisik, dan diwawancarai terkait asupan makanan dan minuman dengan *Semi Quantitative Food Frequency Questionnaire*. Berat badan dan persen lemak tubuh diukur menggunakan *Bioelectrical Impedance Analysis*. Analisis statistik yang digunakan yaitu uji korelasi *Pearson* (persen lemak tubuh terhadap tingkat dismenorea) dan *Spearman* (aktivitas fisik dan kebiasaan konsumsi kopi terhadap tingkat dismenorea).

Hasil: Terdapat hubungan antara aktivitas fisik dengan tingkat dismenorea ($p=0,000$, $r=-0,423$), namun tidak terdapat hubungan antara persen lemak tubuh dan kebiasaan konsumsi kopi dengan tingkat dismenorea ($p=0,056$, $r=0,213$; $p=0,172$, $r=0,153$).

Simpulan: Terdapat hubungan antara aktivitas fisik dengan tingkat dismenorea.

Kata Kunci: tingkat dismenorea, persen lemak tubuh, aktivitas fisik, kebiasaan konsumsi kopi, santriwati

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Relationship of Body Fat Percentage, Physical Activity, and Coffee Consumption Habits to the Rate of Dysmenorrhea in *Santriwati* Age 17-25 Years

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ABSTRACT

Background: The rate of dysmenorrhea in *santriwati* (female students in islamic boarding school) is a health problem that is thought to be related to excess body fat percentage caused by low physical activity and the habit of consuming coffee is considar to reduce oxygen in the blood and increase the incidence of pain during menstruation.

Objective: Analyzing the relationship between body fat percentage, physical activity, and coffee consumption habits on the rate of dysmenorrhea in *santriwati* aged 17-25 years.

Methods: Quantitative research using analytic or observational survey methods and using a cross-sectional research design on 81 *santriwati* at the Kyai Galang Sewu Islamic Boarding School, Semarang, aged 17-25 years and meeting the inclusion criteria, each subject was given a questionnaire on the level of dysmenorrhea, physical activity, and was interviewed regarding food intake and drinks with the Semi Quantitative Food Frequency Questionnaire. Body weight and percent body fat were measured using Bioelectrical Impedance Analysis. The statistical analysis used was the Pearson correlation test (percent body fat on the rate of dysmenorrhea) and Spearman (physical activity and coffee consumption habits on the rate of dysmenorrhea).

Results: There is a relationship between physical activity with dysmenorrhea ($p=0,000$, $r=-0,423$), however there is no relationship between body fat percentage and coffee consumption habits with dysmenorrhea ($p=0,056$, $r=0,213$; $p=0,172$, $r=0,153$).

Conclusion: There is a relationship between physical activity with the rate of dysmenorrhea.

Keywords: dysmenorrhea rate, body fat percentage, physical activity, coffee consumption habits, *santriwati*

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