

## **Hubungan Konsumsi Makanan Sumber Omega 3 dan Vitamin D dengan Skor Keparahan Dismenore Pada Mahasiswi Gizi Universitas Diponegoro**

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### **ABSTRAK**

**Latar Belakang :** Dismenore merupakan kondisi nyeri pada perut bagian bawah yang terjadi saat menstruasi. Dismenore banyak dialami perempuan usia 15-25 tahun, termasuk pada kelompok mahasiswi. Mahasiswi gizi memiliki pengetahuan gizi yang dapat mempengaruhi asupan makannya. Asupan omega 3 dan vitamin D berperan dalam mengatur keseimbangan hormonal pada perempuan yang mungkin mempengaruhi dismenore.

**Tujuan :** Mengetahui hubungan konsumsi makanan sumber omega 3 dan vitamin D dengan skor keparahan dismenore pada mahasiswi gizi.

**Metode :** Desain penelitian menggunakan *cross sectional* dengan sampel 60 mahasiswi aktif S1 Gizi Universitas Diponegoro yang dipilih secara *consecutive sampling*. Variabel penelitian antara lain skor keparahan dismenore, konsumsi makanan sumber omega 3, vitamin D, omega 6, vitamin B1, vitamin B6, vitamin E, kalsium, magnesium, zat besi, dan seng, usia menarche, riwayat dismenore keluarga, aktivitas fisik, status gizi, dan paparan sinar UVB. Data dianalisis menggunakan uji korelasi rank *spearman* dan uji regresi linear berganda.

**Hasil :** Sebagian besar subjek mengalami dismenore tingkat ringan (35%) dan sedang (36,7%). Mayoritas konsumsi makanan sumber omega 3 (73,3%) dan vitamin D (96,7%) subjek kurang. Konsumsi makanan sumber omega 3 ( $p=0,835$ ) dan vitamin D ( $p=0,530$ ) tidak berhubungan dengan skor keparahan dismenore. Sementara itu paparan sinar UVB berhubungan dengan skor keparahan dismenore ( $p=0,048$ ) dengan  $\beta=-0,151$ .

**Simpulan :** Konsumsi makanan sumber omega 3 dan vitamin D tidak berhubungan dengan skor keparahan dismenore.

**Kata Kunci :** Skor Keparahan Dismenore, Omega 3, Vitamin D, Mahasiswi

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## **Correlation between Dietary Intake of Omega 3 and Vitamin D with Dysmenorrhea Severity Score in Female Students Nutrition Science Department Diponegoro University**

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### **ABSTRACT**

**Background :** Dysmenorrhea is a condition of lower abdominal pain that occurs during menstruation. Dysmenorrhea is mostly experienced by women aged 15-25 years, including college students. Nutrition science female students have nutritional knowledge that can affect their dietary intake. Omega 3 and vitamin D intake plays a role in regulating hormonal balance in women, which may affect dysmenorrhea.

**Objective :** To determine the correlation between dietary intake of omega 3 and vitamin D with dysmenorrhea severity score in nutrition science female students.

**Methods :** A total of 60 female students in Nutrition Science Department Diponegoro University were selected by consecutive sampling for a cross sectional study. The study variables included dysmenorrhea severity score, dietary intake of omega 3, vitamin D, omega 6, vitamin B1, vitamin B6, vitamin E, calcium, magnesium, iron, and zinc, age of menarche, family history of dysmenorrhea, physical activity, nutritional status, and UVB exposure. Data were analyzed using spearman rank correlation test and multiple linear regression test.

**Results :** Most subjects experienced mild (35%) and moderate (36,7%) levels of dysmenorrhea. Most subjects had inadequate dietary intake of omega 3 (73,3%) and vitamin D (96,7%). Dietary intake of omega 3 ( $p=0,835$ ) and vitamin D ( $p=0,530$ ) were not correlated with dysmenorrhea severity score. Meanwhile, UVB exposure was correlated with dysmenorrhea severity score ( $p=0,048$ ) with  $\beta=-0,151$ .

**Conclusions :** Dietary intake of omega 3 and vitamin D were not correlated with dysmenorrhea severity score.

**Keywords :** Dysmenorrhea Severity Score, Omega 3, Vitamin D, Female Students

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