

HUBUNGAN TINGKAT ASUPAN MINERAL (*KALSIUM, BESI, SENG*) DAN STATUS GIZI TERHADAP SIKLUS MENSTRUASI PADA REMAJA PUTRI DI SMA PGRI 1 BEKASI

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Abstrak

Latar Belakang: Menstruasi merupakan proses tumbuh kembang pada wanita. Sejalan dengan perkembangan fisiknya yang pesat, terjadi perubahan hormon dalam tubuh disertai beberapa masalah kesehatan. Beberapa faktor diduga memiliki peran pada siklus menstruasi seperti status gizi dan asupan mineral tertentu. Tujuan penelitian ini untuk mengetahui hubungan antara tingkat asupan mineral (*kalsium, besi, seng*) dan status gizi terhadap siklus menstruasi pada remaja putri. **Metode:** Desain penelitian ini adalah *cross sectional*. **Objek:** Jumlah sampel penelitian sebanyak 74 orang. Instrumen yang digunakan dalam penelitian ini adalah timbangan berat badan, *microtoise*, *food recall 3 days x 24 hours* dan kuesioner. **Hasil:** Hasil penelitian menunjukkan bahwa sampel yang mengalami siklus menstruasi tidak teratur sebanyak 44 orang (59.5%), sebagian besar sampel memiliki asupan mineral kalsium, besi dan seng yang kurang dengan masing – masing sebanyak 55 orang (74.3%), 57 orang (77%) dan 66 orang (89.2%), sebagian besar sampel memiliki status gizi normal sebanyak 49 orang (66.2%). Adanya hubungan antara status gizi dengan siklus menstruasi. Adanya hubungan antara tingkat asupan kalsium, besi dan seng dengan siklus menstruasi. **Kesimpulan:** Ada hubungan tingkat asupan mineral (*kalsium, besi, seng*) dan status gizi terhadap siklus menstruasi pada remaja putri di SMA PGRI 1 Bekasi.

Kata Kunci : Asupan Mineral, Status Gizi, Siklus Menstruasi, Remaja

CORRELATION BETWEEN THE LEVEL OF MINERAL INTAKE (*CALCIUM, IRON, ZINC*) AND NUTRITIONAL STATUS OF THE MENSTRUAL CYCLE OF ADOLESCENT IN SMA PGRI 1 BEKASI

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Abstract

Background: Menstruation is a process of growth and development in women. In line with its rapid physical development, hormonal changes occur in the body along with some health problems. Several factors are thought to have a role in the menstrual cycle such as nutritional status and certain mineral intake. The purpose of this study was to determine correlation between the level of mineral intake (*calcium, iron, zinc*) and nutritional status of the menstrual cycle in adolescent girls. **Methods:** The design of this study was cross sectional. **Object:** The number of research samples were 74 people. Instruments used in this study were weighing scales, *microtoise*, food recall 3 days x 24 hours and questionnaires. **Results:** The results showed that the sample of irregular menstrual cycle was 44 people (59.5%), most of the samples had less calcium, iron and zinc intake with 55 people (74.3%), 57 people (77 %) And 66 people (89.2%), most of samples had normal nutritional status of 49 people (66.2%). There was correlation between nutritional status with menstrual cycle. There were between calcium intake, iron intake and zinc levels with menstrual cycle. **Conclusion:** There were correlation between the level of mineral intake (*calcium, iron, zinc*) and nutritional status to menstrual cycle in adolescent girls in SMA PGRI 1 Bekasi.

Keyword: Mineral intake, Nutritional Status, Menstrual Cycle, Adolescent