

HUBUNGAN AKTIVITAS FISIK DAN POLA MAKAN DENGAN SINDROM PRAMENSTRUASI SAAT PANDEMI COVID-19 PADA SISWI KELAS 10 DAN 11 SMAN 4 DEPOK

Husna Maharani

Abstrak

Sindrom Premenstruasi (PMS) merupakan keluhan sebelum terjadinya menstruasi, biasanya terjadi 7-10 hari sebelum haid dan akan menghilang saat mulai haid yang ditandai dengan gejala fisik, psikologis, perilaku dan emosi. Sindrom pramenstruasi belum diketahui penyebabnya secara pasti tetapi ada faktor-faktor yang meningkatkan risiko terjadinya PMS seperti paritas, status perkawinan, stress, usia, kurangnya zat gizi, dan kurang aktivitas fisik. Pemerintah menerapkan kebijakan dalam mengurangi penyebaran virus Covid-19 seperti pembatasan sosial berskala besar sehingga kebanyakan aktivitas dilakukan di dalam rumah. Kondisi tersebut dapat menyebabkan aktivitas fisik dan pola makan berubah saat pandemi Covid-19. Tujuan penelitian ini untuk mengetahui hubungan aktivitas fisik dan pola makan dengan sindrom pramenstruasi saat pandemic Covid-19 pada siswi kelas 10 dan 11 SMAN 4 Depok. Penelitian ini menggunakan desain penelitian Crossectional dengan jumlah sampel 105 siswi dengan teknik pengambilan sampel consecutive sampling. Data dikumpulkan secara online melalui google form dengan menggunakan kuesioner International Physical Activity Questionnaire (IPAQ), Food Frequency Questionnaire (FFQ), dan Shortened Premenstrual Assesment Form (SPAF). Hasil penelitian menunjukkan bahwa terdapat hubungan antara aktivitas fisik dengan sindrom pramenstruasi dengan p-value 0.037 dan terdapat hubungan antara pola makan dengan sindrom pramenstruasi dengan p-value 0.029. Remaja putri diharapkan dapat meningkatkan aktivitas fisik sehari-hari untuk mengurangi risiko ketidakseimbangan hormon yang dapat menyebabkan sindrom pramenstruasi. Remaja putri juga perlu membatasi beberapa makanan seperti makanan yang mengandung tinggi garam, kafein dan junkfood.

Kata kunci: aktivitas fisik, pola makan, sindrom pramenstruasi, PMS, covid-19

THE RELATIONSHIP OF PHYSICAL ACTIVITY AND DIET WITH PREMENSTRUAL SYNDROME DURING THE COVID-19 PANDEMIC IN GRADE 10 AND 11 STUDENTS OF SMAN 4 DEPOK

Husna Maharani

Abstract

Premenstrual Syndrome (PMS) is a complaint before menstruation occurs, usually occurs 7-10 days before menstruation and will disappear when menstruation begins which is characterized by physical, psychological, behavioral and emotional symptoms. Premenstrual syndrome is not known exactly what causes it but there are factors that increase the risk of PMS such as parity, marital status, stress, age, lack of nutrients, and lack of physical activity. The government has implemented policies to reduce the spread of the Covid-19 virus, such as large-scale social restrictions so that most activities are carried out at home. This condition can cause physical activity and eating patterns to change during the Covid-19 pandemic. The purpose of this study was to determine the relationship between physical activity and diet with premenstrual syndrome during the Covid-19 pandemic in 10th and 11th grade students of SMAN 4 Depok. This study used a cross-sectional research design with a sample of 105 female students with consecutive sampling technique. Data was collected online through google form using the International Physical Activity Questionnaire (IPAQ), Food Frequency Questionnaire (FFQ), and Shortened Premenstrual Assessment Form (SPAF). The results showed that there was a relationship between physical activity and premenstrual syndrome with a p-value of 0.037 and a relationship between diet and premenstrual syndrome with a p-value of 0.029. Adolescent girls are expected to increase their daily physical activity to reduce the risk of hormonal imbalance that can cause premenstrual syndrome. Teenage girls also need to limit some foods such as foods that contain high salt, caffeine and junk food.

Keywords: physical activity, diet, premenstrual syndrome, pms, covid-19