

HUBUNGAN TINGKAT STRES, ASUPAN KALSIUM, DAN VITAMIN B6 TERHADAP KEJADIAN *PREMENSTRUAL SYNDROME* PADA MAHASISWI PROGRAM STUDI GIZI PROGRAM SARJANA UPN VETERAN JAKARTA

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Abstrak

Premenstrual syndrome (PMS) adalah beberapa keluhan sebelum memasuki masa menstruasi yang ditandai dengan gejala fisik, emosional, dan perubahan perilaku (7-14 hari pramenstruasi) yang dapat mengganggu aktivitas sehari-hari. Belum diketahui secara pasti penyebab terjadinya PMS, namun terdapat beberapa faktor mempengaruhi PMS salah satunya yakni faktor psikologis dan asupan nutrisi. Penelitian ini bertujuan untuk menganalisis hubungan tingkat stres, asupan kalsium, dan vitamin B6 terhadap kejadian PMS pada mahasiswa program studi gizi program sarjana UPNVJ. Menggunakan desain studi cross sectional dan teknik sampling stratified random sampling sebanyak 66 responden. Pengambilan data dilakukan dengan pengisian kuesioner dan wawancara SQ-FFQ. Analisis bivariat menggunakan uji chi-square. Hasil analisis univariat memperoleh prevalensi gejala PMS pada mahasiswa dengan kategori tidak ada gejala hingga gejala ringan (53.0%) dan gejala sedang hingga berat (47.0%). Hasil uji chi-square menunjukkan bahwa terdapat hubungan antara tingkat stres ($p=0,000$) dan asupan kalsium ($p=0,012$) terhadap kejadian PMS pada mahasiswa, dan asupan vitamin B6 menunjukkan tidak terdapat hubungan ($p=0,782$). Untuk meringkankan keluhan dari PMS diharapkan mahasiswa mengontrol sesuatu yang memicu terjadinya stres dan perlu asupan zat gizi mikro.

Kata kunci: Premenstrual Syndrome, Tingkat Stres, Asupan Kalsium, dan Vitamin B6

THE CORRELATION BETWEEN OF STRESS LEVELS, CALCIUM INTAKE, AND VITAMIN B6 TO THE INCIDENT OF PREMENSTRUAL SYNDROME IN STUDENTS OF THE NUTRITION STUDY PROGRAM UPN VETERAN JAKARTA

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Abstract

Premenstrual syndrome are several symptoms before the starting menstruation which is indicated by physical, emotional, and behavioral changes (7-14 days premenstrual) that interfere with daily activities. The exact cause of PMS is unknown, but there are several factors that influence PMS, one of which is psychological factors and nutritional intake. This study aims to analyze the relationship between stress levels, calcium intake, and vitamin B6 with the incidence of PMS in UPNVJ female nutrition students. Using cross sectional study design and sampling technique with stratified random sampling are 66 respondents. Data was collected by filling out questionnaires and SQ-FFQ interviews. Bivariate analysis using chi-square test. The results of this research are showed that the prevalence of PMS symptoms in female students was in the category of no symptoms to mild symptoms (53.0%) and moderate to severe symptoms (47.0%), then showed that there was a relationship between stress levels ($p = 0.000$) and calcium intake ($p = 0.012$) with the incidence of premenstrual syndrome in female students, and vitamin B6 intake did not show a relationship ($p = 0.782$). To decrease complaints from PMS, students are expected to control something that triggers stress and needs micronutrient intake.

Keywords: Premenstrual Syndrome, Stress Level, Calcium Intake, and Vitamin B6