

HUBUNGAN ASUPAN ZAT BESI, TINGKAT STRES AKADEMIK, AKTIVITAS FISIK, DAN STATUS GIZI DENGAN SIKLUS MENSTRUASI PADA REMAJA PUTRI DI SMK X

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Abstrak

Keteraturan haid berfungsi sebagai salah satu acuan kondisi reproduksi kalangan remaja perempuan, di mana dinamikanya determinasi oleh gabungan faktor zat gizi mikro, zat besi, lalu beban psikologis pendidikan, tingkat kebugaran, dan status metabolisme gizi. Penelitian ini dilakukan untuk mengetahui keterkaitan antara asupan zat besi, tingkat stres akademik, aktivitas fisik, dan status gizi dengan siklus menstruasi pada remaja putri di SMK X Kota Depok. Rancangan yang digunakan berupa penelitian kuantitatif dengan pendekatan *cross-sectional*. Sebanyak 92 siswi yang memenuhi kriteria inklusi ditetapkan sebagai responden melalui penerapan teknik *total sampling*. Pengumpulan data dilakukan melalui pengukuran antropometri, wawancara menggunakan formular *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ), kuesioner *Educational Stress Scale for Adolescents* (ESSA), *International Physical Activity Questionnaire* (IPAQ), dan kuesioner siklus menstruasi. Pengujian hipotesis melalui analisis *Chi-Square* mengungkap karakteristik dominan partisipan, yaitu kecukupan konsumsi zat besi mencapai 57,6%, tingkat tekanan akademis kategori menengah sebesar 85,9%, tergolong aktif secara fisik pada *level* sedang (42,4%), dan profil gizi ideal sebesar (71,7%), serta proporsi 63% menunjukkan pola menstruasi yang tidak teratur. Berdasarkan kalkulasi bivariat pada siswi SMK X Kota Depok, tidak dijumpai korelasi bermakna secara statistik antara pola haid dengan seluruh variabel yang diuji, meliputi kecukupan Fe ($p = 0.292$), tekanan stres akademik ($p = 0.282$), kebiasaan aktivitas fisik ($p = 0.952$), dan keadaan metabolisme status gizi ($p = 0.505$).

Kata Kunci: Aktivitas Fisik, Asupan Zat Besi, Siklus Menstruasi, Status Gizi, Stres Akademik

THE RELATIONSHIP BETWEEN IRON INTAKE, ACADEMIC STRESS LEVELS, PHYSICAL ACTIVITY, AND NUTRITIONAL STATUS AND THE MENSTRUAL CYCLE AMONG FEMALE TEENAGERS AT SMK X

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Abstract

Menstruation regularity serves as a key indicator of reproductive health among adolescent females, driven by a combination of micronutrients like iron, academic psychological stress, fitness levels, and nutritional status. This study aimed to analyze the relationship between iron intake, academic stress, physical activity, and nutritional status with the menstrual cycle among female adolescents at SMK X, Depok City. A quantitative approach with a cross-sectional design was employed. Using a total sampling technique, a final sample of 92 students who met the inclusion criteria was obtained. Data were gathered through anthropometric measurements, face-to-face interviews using a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), alongside questionnaires for the Educational Stress Scale for Adolescents (ESSA), the International Physical Activity Questionnaire (IPAQ), and menstrual cycle patterns. Hypothesis testing via Chi-Square analysis revealed the dominant characteristics of the participants: adequate iron intake (57.6%), moderate academic stress (85.9%), moderate physical activity levels (42.4%), normal nutritional status (71.7%), and an irregular menstrual pattern (63%). Bivariate calculations further indicated no statistically significant correlation between menstrual cycle regularity and any of the tested variables, including iron intake ($p = 0.292$), academic stress ($p = 0.282$), physical activity ($p = 0.952$), and nutritional status ($p = 0.505$).

Keywords: Academic Stress, Iron Intake, Menstrual Cycle, Nutritional Status, Physical Activity