

ABSTRACT

THE RELATIONSHIP BETWEEN CHRONOTYPE, NUTRITIONAL STATUS, AND IRON INTAKE WITH THE INCIDENCE OF DYSMENORRHEA

(Observational Study on Collage Students in Pesantren-Based University)

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Dysmenorrhea is one of the most common issues among women of reproductive age. Several factors contributing to dysmenorrhea include chronotype, nutritional status, and iron intake. Poor sleep patterns, abnormal nutritional status, and insufficient iron intake can contribute to a disruption of the reproductive organs and cause pain during menstruation. The study analyzed the relationship between chronotype, nutritional status, iron intake, and dysmenorrhea incidence. A cross-sectional research design was implemented at Universitas Darussalam Gontor. The sampling technique used was purposive sampling. The study sample consisted of 99 female students aged 19-24 years with sample calculation using the Slovin formula. Nutritional status was measured using BMI. Chronotype was measured by MEQ-SA (Morningness-Eveningness Questionnaire Self-Assessment Version) questionnaire, dysmenorrhea questionnaire, and NRS (Numeric Rating Scale) to see the pain level of dysmenorrhea and SQ-FFQ questionnaire to see iron intake. Bivariate data analysis using Spearman rank test. The research results showed there is a relationship between chronotype ($p=0.028$), and iron intake ($p=0.008$) with the incidence of dysmenorrhea, there is no relationship between nutritional status with the incidence of dysmenorrhea ($p=0.448$). This research can conclude there is an association between chronotype and iron intake with the incidence of dysmenorrhea, and there is no association between nutritional status with the incidence of dysmenorrhea.

Keywords: Chronotype, Dysmenorrhea, Nutritional Status, Iron Intake.

ABSTRAK

HUBUNGAN ANTARA KRONOTIPE, STATUS GIZI, DAN ASUPAN ZAT BESI DENGAN KEJADIAN DISMINOREA

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Disminorea menjadi salah satu masalah yang paling banyak terjadi pada wanita usia subur. Salah satu faktor penyebab terjadinya *disminorea* diantaranya yaitu kronotipe, status gizi dan asupan zat besi. Pola tidur yang tidak baik, status gizi tidak normal dan asupan zat besi kurang dapat berkontribusi menyebabkan gangguan pada organ reproduksi dan menimbulkan rasa nyeri saat menstruasi. Tujuan penelitian untuk menganalisis hubungan antara kronotipe, status gizi dan asupan zat besi dengan kejadian *disminorea*. Jenis penelitian ini analitik observasional dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan *purposive sampling* dengan rumus *slovin*. Jumlah sampel penelitian sebanyak 99 mahasiswi Universitas Darussalam Gontor berusia 19-24 tahun. Status Gizi diukur menggunakan IMT, kronotipe diukur dengan kuesioner MEQ-SA (*Morningness-Eveningness Questionnaire Self-Assessment Version*), kejadian *disminorea* dengan kuesioner *disminorea* dan NRS (*Numeric Rating Scale* dan asupan zat besi dengan kuesioner SQ-FFQ untuk melihat asupan zat besi. Analisis data menggunakan uji *rank spearman*. Hasil penelitian ini menunjukkan bahwa terdapat hubungan antara kronotipe ($p=0,028$), dan asupan zat besi ($p=0,008$) dengan kejadian *disminorea*, tidak terdapat hubungan yang signifikan antara status gizi ($p=0,448$) dengan kejadian *disminorea*. Penelitian ini dapat disimpulkan terdapat hubungan antara kronotipe dan asupan zat besi dengan kejadian *disminorea*, dan tidak terdapat hubungan antara status gizi dengan kejadian *disminorea*.

Kata Kunci: Asupan Zat Besi, *Disminorea*, Kronotipe, Status Gizi.