

ABSTRAK

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HUBUNGAN *GYNOID OBESITY* DENGAN *DYSMENORRHEA* PADA REMAJA
xv + 80 Halaman + 7 Tabel + 12 Lampiran

Awal masa menstruasi menjadi indikator utama kematangan seksual remaja putri, meski keluhan *dysmenorrhea* masih kerap membatasi aktivitas harian mereka. *Gynoid obesity* yakni pemusatan lemak tubuh pada area paha dan pinggul yang diukur via Rasio Lingkar Pinggang Pinggul (RLPP) diduga kuat berkaitan dengan kondisi ini. Riset ini menguji keterkaitan antara *gynoid obesity* dan *dysmenorrhea* pada remaja melalui rancangan kuantitatif analitik berpendekatan *cross-sectional*. Sebanyak 60 siswi kelas XI SMA Muhammadiyah 2 Surabaya dipilih lewat teknik *purposive sampling* dari total populasi 173 siswi. Pengukuran RLPP dipakai menentukan variabel bebas (*gynoid obesity*), sementara tingkat *dysmenorrhea* sebagai variabel terikat dinilai melalui *Verbal Descriptor Scale* (VDS). Pengujian hipotesis dijalankan menggunakan uji korelasi *Spearman's Rank*.

Hasil penelitian mencatat mayoritas siswi kelas XI SMA Muhammadiyah 2 Surabaya tergolong *gynoid obesity* positif (53,3%), serta hampir separuh sampel merasakan *dysmenorrhea* derajat sedang (33,3%). Analisis *Spearman's Rank* mengonfirmasi keterkaitan bermakna antara *gynoid obesity* dan *dysmenorrhea* ($p = 0,034$; $r = 0,274$). Nilai koefisien korelasi bernilai positif walau berkekuatan lemah, menandakan bahwa keberadaan *gynoid obesity* berpotensi meningkatkan keparahan derajat *dysmenorrhea*.

Hasil penelitian mendukung teori bahwa penumpukan lemak tubuh dapat memengaruhi keseimbangan hormon reproduksi serta memacu pelepasan *prostaglandin*, memicu kontraksi rahim berlebih yang memperberat rasa nyeri haid. Kesimpulannya, *gynoid obesity* terbukti berhubungan dengan kejadian *dysmenorrhea* pada remaja di SMA Muhammadiyah 2 Surabaya. Mengadopsi gaya hidup sehat sangat dianjurkan bagi para remaja demi mengontrol sebaran lemak tubuh sekaligus menekan risiko keluhan *dysmenorrhea*.

Kata kunci : *Gynoid Obesity*, *Dysmenorrhea*, Remaja

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ABSTRACT

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THE RELATIONSHIP BETWEEN GYNOID OBESITY AND DYSMENORRHEA AMONG ADOLESCENTS

xv + 80 Pages + 7 Tables + 12 Appendices

Female adolescents experience sexual maturity marked by menstruation; however, dysmenorrhea remains a common gynecological complaint that interferes with daily activities. One factor presumed to be associated with dysmenorrhea is gynoid obesity, characterized by fat distribution predominantly in the hips and thighs, measured using the Waist-to-Hip Ratio (WHR). This study aimed to analyze the relationship between gynoid obesity and dysmenorrhea among adolescents. This quantitative analytic study employed a cross-sectional design. The population consisted of 173 eleventh-grade adolescents at SMA Muhammadiyah 2 Surabaya, with a sample of 60 eleventh-grade adolescents selected using purposive sampling. The independent variable was gynoid obesity, measured using the WHR, while the dependent variable was dysmenorrhea, measured using the Verbal Descriptor Scale (VDS). Data were analyzed using Spearman's Rank correlation test.

The results showed that the majority of eleventh-grade adolescents at SMA Muhammadiyah 2 Surabaya had positive gynoid obesity (53.3%), while nearly half experienced moderate dysmenorrhea (33.3%). Spearman's Rank correlation test revealed a significant relationship between gynoid obesity and dysmenorrhea ($p = 0.034$; $r = 0.274$). The positive correlation indicated a weak positive relationship, suggesting that adolescents with positive gynoid obesity tended to experience more severe dysmenorrhea.

These findings support the theory that excessive body fat accumulation may affect reproductive hormonal balance and increase prostaglandin production, thereby stimulating uterine contractions and increasing menstrual pain. It was concluded that gynoid obesity was significantly associated with dysmenorrhea among adolescents at SMA Muhammadiyah 2 Surabaya. Adolescents are encouraged to adopt a healthy lifestyle to maintain healthy body fat distribution and reduce the risk of dysmenorrhea.

Keywords : Gynoid Obesity, Dysmenorrhea, Adolescents

References : 10 Books and 82 Journals (2015–2026)