

ABSTRAK

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HUBUNGAN KONSUMSI ZAT BESI DAN STATUS GIZI DENGAN
DISMENORE PADA SISWI SMA NEGERI 7 SURABAYA
1x + 107 Halaman + 10 Tabel + 9 Lampiran

Dismenore adalah masalah yang berkaitan dengan kesehatan reproduksi pada remaja perempuan. Untuk remaja perempuan, dismenore dapat menghambat aktivitas dan proses belajar mereka. Penelitian ini menerapkan desain observasional analitik dengan pendekatan *cross-sectional* untuk mengkaji keterkaitan konsumsi zat besi dan status gizi dengan dismenore pada siswi SMA Negeri 7 Surabaya.

Sebanyak 70 siswi ditetapkan sebagai sampel melalui teknik *simple random sampling*. Data konsumsi zat besi diperoleh melalui wawancara SQ-FFQ, status gizi ditetapkan menggunakan Z-score IMT/U, sedangkan intensitas nyeri dismenore dinilai memakai *Numeric Rating Scale* (NRS). Keterkaitan antarvariabel dianalisis menggunakan uji korelasi Spearman's rho.

Sebagian besar responden memiliki konsumsi zat besi dalam kategori kurang (77,1%), sedangkan (57,1%) responden mempunyai status gizi abnormal. Dismenore didominasi nyeri sedang–ringan (65,7%), diikuti nyeri berat–hebat (31,4%), serta tidak nyeri (2,9%). Analisis Spearman mengidentifikasi keterkaitan yang bermakna antara konsumsi zat besi dan dismenore ($r = 0,305$; $p = 0,01$) serta antara status gizi dan dismenore ($r = -0,245$; $p = 0,041$); kedua korelasi tersebut berada pada kategori lemah ($r < 0,4$).

Temuan penelitian mengindikasikan bahwa konsumsi zat besi maupun status gizi memiliki keterkaitan bermakna dengan kejadian atau derajat dismenore, tetapi kekuatan kedua hubungan tersebut tergolong lemah. Disarankan peningkatan edukasi gizi di sekolah mengenai konsumsi sumber zat besi, penerapan gizi seimbang, serta penguatan aktivitas fisik dan pemantauan status gizi secara berkala sebagai upaya promotif-preventif pada remaja putri.

Kata kunci: zat besi; pola konsumsi; status gizi (IMT/U); dismenore; remaja putri; *cross-sectional*.

ABSTRACT

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THE RELATIONSHIP BETWEEN IRON INTAKE AND NUTRITIONAL
STATUS WITH DYSMENORRHEA AMONG FEMALE STUDENTS OF STATE
SENIOR HIGH SCHOOL 7 SURABAYA
1x + 107 Pages + 10 Tables + 9 Appendices

Dysmenorrhea represents a reproductive health concern commonly experienced by adolescent girls. Among adolescent girls, dysmenorrhea may disrupt daily activities and academic learning processes. Applying an analytical observational cross-sectional design, this research evaluated the relationship between iron intake and nutritional status among students of Surabaya State High School 7 with dysmenorrhea.

The study involved 70 female students who were chosen through simple random sampling. Iron intake patterns were assessed through SQ-FFQ interviews; nutritional status was classified according to BMI-for-age (Z-score); while dysmenorrhea pain severity was evaluated using the Numeric Rating Scale (NRS). The association was examined using Spearman's rho correlation analysis.

The findings indicated that most participants experienced insufficient iron intake (77.1%) and abnormal nutritional status (57.1%). Dysmenorrhea was predominantly mild to moderate pain (65.7%), followed by severe to excruciating pain (31.4%), and no pain (2.9%). Spearman analysis demonstrated significant associations with weak correlation strength ($r < 0.4$) between iron intake and dysmenorrhea ($r = 0.305$; $p = 0.01$), as well as nutritional status and dysmenorrhea ($r = -0.245$; $p = 0.041$).

This study concludes that iron intake patterns and nutritional status have significant relationships with dysmenorrhea occurrence and severity, although the association strength remains weak. Nutrition education programs in schools should be strengthened by promoting iron-rich food consumption, balanced dietary practices, physical activity improvement, and routine nutritional status monitoring as preventive efforts for adolescent girls.

Keywords: iron; dietary intake; nutritional status (BMI-for-age); dysmenorrhea; adolescent girls; cross-sectional.