

**GAMBARAN TINGKAT ASUPAN VITAMIN DAN MINERAL  
TERHADAP KEJADIAN *DISMENOREA* (TINGKAT NYERI)  
PADA REMAJA PUTRI KELAS X DI SMA NEGERI 13 SURABAYA**

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**ABSTRAK**

**Latar Belakang:** Remaja memiliki pola konsumsi yang kurang bervariasi serta dalam jumlah sedikit. *Dismenorea* adalah kondisi medis yang terjadi saat haid. **Tujuan Penelitian:** Untuk mengetahui gambaran tingkat asupan vitamin dan mineral terhadap kejadian *dismenorea* (tingkat nyeri) pada remaja putri kelas x di SMA Negeri 13 Surabaya. **Metode Penelitian:** Penelitian deskriptif dan menggunakan desain *cross sectional* dilakukan pada remaja putri di SMA Negeri 13 Surabaya dengan sampel 68 orang yang dipilih secara *purposive*. Pengumpulan data menggunakan kuisioner dan *sq – ffq*. **Hasil Penelitian:** Asupan Vitamin E dan Kalsium mayoritas kurang (97,1%), asupan Vitamin C mayoritas kurang (92,6%), asupan Fe mayoritas kurang (80,9%), asupan Magnesium mayoritas cukup (51,2%) dan asupan Seng mayoritas kurang (75%). Tingkat nyeri yang dirasakan para siswi mayoritas ringan (51,5%). **Kesimpulan:** Dari hasil tabulasi silang yang sudah dilakukan, kebanyakan siswi yang memiliki asupan vitamin dan mineral cukup mengalami nyeri ringan. **Saran:** Penting bagi siswi mengetahui cara pencegahan dan pengobatan *dismenorea*.

**Kata Kunci:** Remaja putri, *dismenorea*, asupan vitamin dan mineral

**OVERVIEW OF VITAMIN AND MINERAL INTAKE LEVELS IN  
RELATION TO THE INCIDENCE OF DYSMENORRHEA (PAIN LEVEL)  
IN FEMALE ADOLESCENTS OF GRADE X AT STATE HIGH SCHOOL 13  
SURABAYA.**

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**ABSTRACT**

**Background:** Teenagers have consumption patterns that are less varied and in small amounts. Dysmenorrhea is a medical condition that occurs during menstruation. **Research Objectives:** To determine the overview of vitamin and mineral intake levels in relation to the incidence of dysmenorrhea (pain level) in female adolescents of grade x at state high school 13 surabaya. **Method:** A descriptive study using a cross-sectional design was conducted on female adolescents at State High School 13 Surabaya with a purposive sample of 68 individuals. Data collection was done using a questionnaire and sq-ffq. **Results:** The majority of Vitamin E and Calcium intake was deficient (97.1%), the majority Vitamin C intake was deficient (92.6%), the majority Fe intake was insufficient (80.9%), the majority Magnesium intake was sufficient (51.2%) and Zinc intake majority less (75%). The pain level felt by the majority of female students was mild (51.5%). **Conclusion:** From the cross-tabulation that has been conducted, most female students with sufficient intake of vitamins and minerals experience mild pain. **Recommendation:** It is important for students to know how to prevent and treat dysmenorrhea.

**Keywords:** Female adolescents, dysmenorrhea, vitamin and mineral intake.