

**HUBUNGAN TINGKAT KONSUMSI ZAT BESI
DENGAN KEJADIAN INTENSITAS DISMENOIRE PRIMER
PADA SISWI KELAS VII DAN VIII SMP ZAINUDDIN WARU
KABUPATEN SIDOARJO**

ASBSTRAK

Latar Belakang : Dismenore suatu kondisi nyeri pada bagian bawah perut hingga ke pinggang sebelum atau selama menstruasi yang berdampak pada terganggunya aktivitas sehari-hari. Berdasarkan studi pendahuluan di SMP Zainuddin Waru Kabupaten Sidoarjo pada Januari 2023, lebih dari 80% mengalami dismenore primer. **Tujuan:** Menganalisis hubungan tingkat konsumsi zat besi dengan kejadian intensitas dismenore primer pada siswi kelas VII dan VIII SMP Zainuddin Waru Kabupaten Sidoarjo. **Metode Penelitian:** Penelitian ini berupa analitik observasional desain penelitian *cross sectional*. Responden sebanyak 43 dengan menggunakan teknik *proportional stratified random sampling*. Waktu penelitian pada bulan Januari 2023. Metode pengambilan data menggunakan kuesioner NRS (*Numeric Rating Scale*) untuk mengetahui intensitas dismenore primer dan SQ-FFQ (*Semi Quantative Food Frequency Questionnaire*) untuk mengetahui tingkat konsumsi zat besi. Analisis uji menggunakan uji analisis *Spearman Rho*. **Hasil:** intensitas nyeri yang paling banyak dirasakan siswi yaitu dismenore ringan dengan presentase 48,5%, serta tingkat konsumsi zat besi kategori kurang dan mengalami dismenore primer dengan presentase 67,4% memperoleh $p\text{-value} = 0.000$ ($\alpha < 0.05$) dan $r = -0,53$. **Kesimpulan :** Adanya keterkaitan antara tingkat konsumsi zat besi dengan kejadian intensitas dismenore primer pada siswi kelas VII dan VIII SMP Zainuddin Waru Kabupaten Sidoarjo, menunjukkan kekuatan hubungan keduanya kuat dan arah hubungan 2 variabel tidak searah dengan terpenuhinya asupan konsumsi zat besi, maka menurunnya keparahan dismenore primer. **Saran :** Meningkatkan asupan makanan tinggi zat besi seperti, daging, ikan, dan ayam, serta mengurangi mengonsumsi teh, kopi, dan coklat bersamaan atau 1 jam setelah makan.

Kata Kunci : *dismenore primer, asupan zat besi*

CORRELATION BETWEEN IRON CONSUMPTION LEVEL AND PRIMARY DYSMENORRHEA INTENSITY FOR GRADES VII AND VIII OF ZAINUDDIN MIDDLE SCHOOL, SIDOARJO REGENCY

ABSTRACT

Background : Dysmenorrhea is a condition of pain in the lower abdomen up to the waist before or during menstruation which affects the disruption of daily activities. Based on a preliminary study at Zainuddin Waru Middle School, Sidoarjo Regency in January 2023, more than 80% experienced primary dysmenorrhea. **Objective**: To analyze the relationship between the level of iron consumption and the intensity of primary dysmenorrhea in class VII and VIII students of SMP Zainuddin Waru, Sidoarjo Regency. **Research Methods**: This research is an observational analytic study with a cross-sectional type of research. There were 43 respondents. Sampling used a proportional stratified random sampling technique. The time of the study was in January 2023. The data collection method used the NRS (Numeric Rating Scale) questionnaire to determine the intensity of primary dysmenorrhea and the SQ-FFQ (Semi Quantative Food Frequency Questionnaire) to determine the level of iron consumption. Test analysis using Spearman Rho test analysis. **Results**: The intensity of pain that was felt the most by female students was mild dysmenorrhea with a percentage of 48.5%, and the level of consumption of iron was in the less category and experienced primary dysmenorrhea with a percentage of 67.4% obtaining p-value = 0.000 ($\alpha < 0.05$) and $r = -0.53$. **Conclusion**: There is a relationship between the level of iron consumption and the intensity of primary dysmenorrhea in class VII and VIII students of Zainuddin Waru Middle School, Sidoarjo Regency, indicating that the strength of the relationship between the two is strong and the direction of the relationship of the 2 variables is not in the same direction as the higher the level of iron consumption, the lower it will be primary dysmenorrhea intensity. **Suggestion**: Increase intake of foods high in iron such as meat, fish and chicken, and reduce consumption of tea, coffee and chocolate together or 1 hour after eating.

Keywords: *primary dysmenorrhea, iron intake*

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