



**UNIVERSITAS ANDALAS**

**HUBUNGAN STATUS GIZI, KONSUMSI *FAST FOOD*,  
KONSUMSI SAYUR, DAN KONSUMSI SUSU DENGAN  
DISMENORE PADA SISWI DI SMAN 3 PADANG  
DAN SMAN 15 PADANG**

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**FAKULTAS KESEHATAN MASYARAKAT  
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DAN KONSUMSI SUSU DENGAN DISMENORE PADA SISWI SMAN 3  
PADANG DAN SMAN 15 PADANG**

**Xi + 83 halaman, 2 gambar, 21 tabel, 10 lampiran**

**ABSTRAK**

**Tujuan**

Remaja perempuan mengalami proses kematangan pada organ reproduksi, yang ditandai dengan munculnya menstruasi. Gangguan menstruasi yang banyak ditemukan pada remaja tapi masih kurang mendapat perhatian adalah dismenore. Penelitian ini bertujuan untuk mengetahui hubungan status gizi, konsumsi *fast food*, konsumsi sayur, dan konsumsi susu dengan dismenore pada siswi di SMAN 3 Padang dan SMAN 15 Padang.

**Metode**

Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian *cross-sectional*. Sampel penelitian adalah siswi SMAN 3 Padang dan SMAN 15 Padang. Teknik pengambilan sampel *cluster random sampling*. Analisis data dilakukan dengan cara analisis univariat dan bivariat. Analisis bivariate dilakukan dengan menggunakan uji *Chi-Square*.

**Hasil**

Hasil menunjukkan bahwa responden yang mengalami dismenore adalah sebanyak 76,5%, responden yang memiliki status gizi tidak normal sebanyak 31,8%, responden dengan konsumsi *fast food* kategori sering sebanyak 50,8%, responden dengan konsumsi sayur kategori kurang baik sebanyak 66,7%, dan responden dengan konsumsi susu kategori kurang baik sebanyak 53%. Terdapat hubungan yang signifikan antara status gizi ( $p\text{-value}=0,005$ ), konsumsi sayur ( $p\text{-value}=0,008$ ), dan konsumsi susu ( $p\text{-value}=0,011$ ) dengan dismenore. Tidak terdapat hubungan yang signifikan antara konsumsi *fast food* dengan dismenore ( $p\text{-value}=0,356$ ). Pada siswi SMAN 3 Padang terdapat hubungan antara status gizi, konsumsi sayur, dan konsumsi susu dengan dismenore ( $p\text{-value}\leq 0,05$ ), sedangkan pada siswi SMAN 15 Padang tidak terdapat variabel yang berhubungan dengan dismenore ( $p\text{-value}>0,05$ ).

**Kesimpulan**

Status gizi, konsumsi sayur, dan konsumsi susu memiliki hubungan yang signifikan dengan dismenore. Konsumsi *fast food* tidak memiliki hubungan yang signifikan dengan dismenore. Terdapat perbedaan variabel yang berhubungan dengan dismenore antara siswi di SMAN 3 Padang dan SMAN 15 Padang.

**Daftar Pustaka** : 105 (2018-2024)

**Kata Kunci** : Dismenore, *fast food*, sayur, status gizi, susu

**FACULTY OF PUBLIC HEALTH  
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**THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, FAST FOOD  
CONSUMPTION, VEGETABLE CONSUMPTION, AND MILK  
CONSUMPTION WITH DYSMENORRHEA IN FEMALE STUDENTS OF  
SMAN 3 PADANG AND SMAN 15 PADANG  
Xi + 83 pages, 2 pictures, 21 tables, 10 appendices**

**ABSTRACT**

**Objective**

Teenage girls process the maturity of the reproductive organs, which is characterized by the appearance of menstruation. Menstrual disorders that are commonly found in adolescents but still receive less attention are dysmenorrhea. This study aims to determine the relationship between nutritional status, fast food consumption, vegetable consumption, and milk consumption with dysmenorrhea in female students at SMAN 3 Padang and SMAN 15 Padang.

**Methods**

This study is a quantitative study with a cross-sectional research design. The samples in this study were teenage girls of SMAN 3 Padang and SMAN 15 Padang using cluster random sampling technique. The research data were collected by interviewing and answering questionnaires. Data analysis was conducted by univariate and bivariate analysis. Bivariate analysis was conducted using Chi-Square tes.

**Results**

The results showed that respondents who experienced dysmenorrhea were 76,5%, respondents who had abnormal nutritional status were 31,8%, respondents with high consumption of fast food were 50,8%, respondents with low consumption of vegetables were 66,7%, and respondents with low consumption of milk were 53%. There is a significant relationship between nutritional status (p-value=0,05), vegetable consumption (p-value=0,008), and milk consumption (p-value=0,011) with dysmenorrhea. There was no significant relationship between fast food consumption and dysmenorrhea (p-value = 0,356). In female students of SMAN 3 Padang there is a relationship between nutritional status, vegetable consumption, and milk consumption with dysmenorrhea (p-value $\leq$ 0.05), while in female students of SMAN 15 Padang there are no variables associated with dysmenorrhea (p-value $>$ 0.05).

**Conclusion**

Nutritional status, vegetable consumption, and milk consumption had a significant association with dysmenorrhea. Fast food consumption did not have a significant association with dysmenorrhea. There are differences in variables associated with dysmenorrhea between female students at SMAN 3 Padang and SMAN 15 Padang.

**References** : 105 (2018-2024)

**Keywords** : Dysmenorrhea, fast food, vegetables, nutritional status, milk