

**HUBUNGAN VITAMIN D TERHADAP *POLYCYSTIC OVARY*
SYNDROME (PCOS) REMAJA DI SMA KECAMATAN KOTO TANGAH
PADANG TAHUN 2022**

TESIS



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PROGRAM PENDIDIKAN DOKTER SPESIALIS (PPDS)

OBSTETRI DAN GINEKOLOGI

FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS

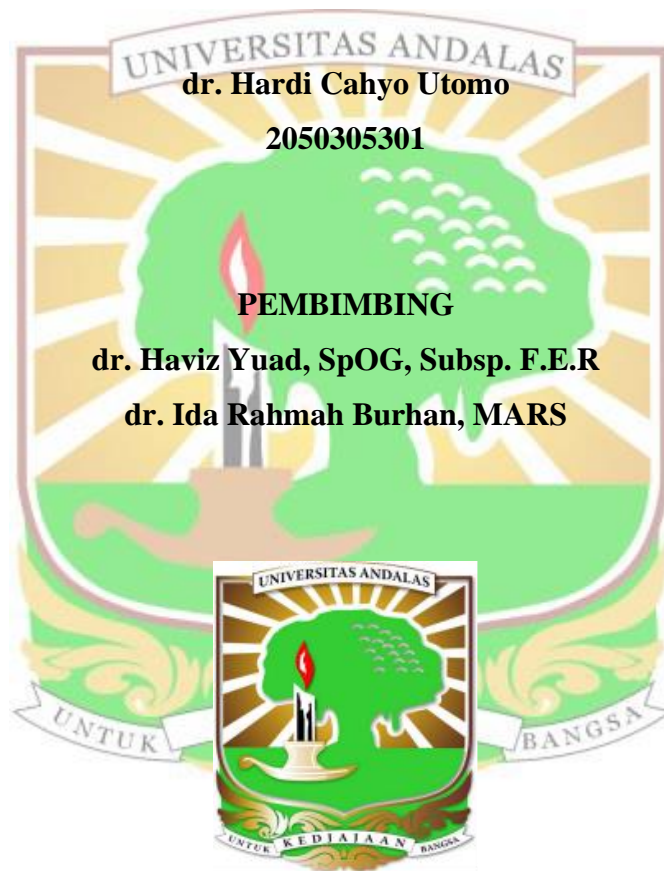
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ABSTRAK

HUBUNGAN VITAMIN D TERHADAP *POLYCYSTIC OVARY SYNDROME (PCOS)* REMAJA DI SMA KECAMATAN KOTO TANGAH PADANG TAHUN 2022

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PCOS ditandai dengan peningkatan sekresi androgen ovarium dan adrenal, gejala hiperandrogenik seperti hirsutisme, jerawat dan/atau alopecia, ketidakteraturan menstruasi, dan ovarium polikistik. Prevalensi *PCOS* pada tahun 2016 sebanyak 6–21% pada usia reproduksi di seluruh dunia. *PCOS* adalah gangguan endokrin wanita yang paling umum dengan prevalensi sekitar 4-6% pada kelompok wanita usia reproduksi di Indonesia. Defisiensi vitamin D dapat meningkatkan gejala *PCOS*.

Desain penelitian ini adalah *cross-sectional*. Penelitian dilakukan di SMA N 7, SMA N 8 dan SMA N 13 Padang di Kecamatan Koto Tangah bulan Mei-Agustus 2022. Sampel penelitian yaitu siswi SMA yang mengalami gangguan siklus menstruasi dan bersedia menyetujui *informed consent* penelitian dengan besar sampel 59 responden. Kadar vitamin D diperiksa dengan menggunakan 25-Hydroxyvitamin D ELISA Kit. Data dianalisis dengan uji chi-square.

Hasil penelitian menunjukkan sebanyak 86,4% responden mengalami kekurangan vitamin D. Secara statistik terdapat hubungan *PCOS* pada remaja disertai hiperandrogen klinis dengan kadar vitamin D, terdapat hubungan *PCOS* pada remaja disertai obesitas dengan kadar vitamin D, tidak terdapat hubungan *PCOS* pada remaja disertai acantosis nigrican dengan kadar vitamin D, dan tidak terdapat hubungan *PCOS* pada remaja disertai hiperandrogen klinis, obesitas, dan acantosis nigrican dengan kadar vitamin D di SMA Kecamatan Koto Tangah Padang tahun 2022.

Kesimpulan penelitian ini terdapat hubungan *PCOS* pada remaja disertai hiperandrogen klinis dengan kadar vitamin D dan terdapat hubungan *PCOS* pada remaja disertai Obesitas dengan kadar vitamin D.

Kata kunci : *PCOS, Remaja, Vitamin D*

ABSTRACT**THE RELATIONSHIP BETWEEN VITAMIN D AND POLYCYSTIC OVARY SYNDROME (PCOS) IN SENIOR HIGH SCHOOL ADOLESCENT AT KOTO TANGAH DISTRICT PADANG, 2022**

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PCOS is characterized by increased ovarian and adrenal androgen secretion, hyperandrogenic symptoms such as hirsutism, acne and/or alopecia, menstrual irregularities, and polycystic ovaries. The prevalence of PCOS in 2016 was 6–21% of reproductive age worldwide. PCOS is the most common female endocrine disorder with a prevalence of around 4-6% in women of reproductive age in Indonesia. Vitamin D deficiency can increase PCOS symptoms.

The research design was cross-sectional. The study was conducted at SMA N 7, SMA N 8 and SMA N 13 Padang in Koto Tangah District in May-August 2022. The research sample was high school students who experienced menstrual cycle disorders and were willing to agree to informed consent for the study with a sample size of 59 respondents. Vitamin D levels were examined using the 25-Hydroxyvitamin D ELISA Kit. Data were analyzed by chi-square test.

The results showed that 86.4% of respondents experienced vitamin D deficiency. Statistically there was a relationship between PCOS in adolescents accompanied by hyperandrogens and vitamin D levels, there was a relationship between PCOS in adolescents accompanied by obesity and vitamin D levels, there was no relationship between PCOS in adolescents accompanied by acanthosis nigrican and vitamin D levels, and there was no relationship between PCOS in adolescents accompanied by hyperandrogens, obesity and acanthosis nigrican with vitamin D levels in SMA Koto Tangah District Padang in 2022.

The conclusion of this study is that there is a relationship between PCOS in adolescents accompanied by hyperandrogens and vitamin D levels and there is a relationship between PCOS in adolescents accompanied by obesity and vitamin D levels.

Keywords : *Adolescent, PCOS, Vitamin D*