

HUBUNGAN STATUS GIZI PADA REMAJA PUTRI DENGAN KEJADIAN OLIGOMENOREA DI PONDOK PESANTREN AL-ITQON KECAMATAN CIMERAK KABUPATEN PANGANDARAN

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ABSTRAK

Oligomenorea merupakan siklus menstruasi lebih dari 35 hari, salah satu penyebabnya status gizi. Prevalensi status gizi kurang pada remaja di Indonesia masih tinggi sekitar 7-12%. Akibat dari kekurangan gizi pada remaja putri dapat menyebabkan gangguan siklus menstruasi salah satunya kejadian oligomenorea. Tujuan penelitian untuk mengetahui hubungan status gizi pada remaja putri dengan kejadian oligomenorea di Pondok Pesantren Al-Itqon Kecamatan Cimerak Kabupaten Pangandaran. Metode penelitian kuantitatif desain survey analitik korelasional dengan pendekatan *corss sectional*, populasi yaitu seluruh remaja putri di Pondok Pesantren Al Itqon sebanyak 114 orang yang sudah menstruasi. Teknik pengambilan sampel dengan *total sampling*. Variabel independen yaitu status gizi pada remaja putri. Variabel dependen yaitu kejadian oligomenorea. Analisis data yaitu analisis univariat dan bivariat dengan uji *chi square*. Hasil analisis univariat menunjukkan bahwa distribusi frekuensi status gizi pada remaja putri hampir setengahnya mempunyai berat badan normal yaitu sebanyak 50 responden (43,9%). Kejadian oligomenorea pada remaja putri sebagian besar tidak mengalami kejadian oligomenorea yaitu sebanyak 68 responden (59,6%). Hasil uji chi square menunjukkan didapatkan p value sebesar 0,000 ($<0,05$). Kesimpulan dari penelitian ini adalah terdapat hubungan antara status gizi pada remaja putri dengan kejadian oligomenorea di Pondok Pesantren Al-Itqon Kecamatan Cimerak Kabupaten Pangandaran karena p value $< 0,05$. Disarankan untuk remaja putri untuk menerapkan pola hidup sehat, mengonsumsi makanan yang seimbang, melakukan aktivitas fisik secara teratur, menjaga waktu istirahat yang cukup serta memantau berat badan atau Indeks Masa Tubuh (IMT).

Kata Kunci : Kejadian Oligomenorea, Remaja Putri, Status Gizi

**THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AMONG
ADOLESCENT GIRLS AND THE INCIDENCE OF OLIGOMENORRHEA
AT THE AL-ITQON ISLAMIC BOARDING SCHOOL IN CIMERAK
SUBDISTRICT, PANGANDARAN REGENCY**

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ABSTRACT

Oligomenorrhea is defined as a menstrual cycle lasting more than 35 days; one of its causes is nutritional status. The prevalence of undernutrition among adolescents in Indonesia remains high, at around 7–12%. Nutritional deficiencies in adolescent girls can lead to menstrual cycle disorders, one of which is oligomenorrhea. The purpose of this study was to determine the relationship between the nutritional status of adolescent girls and the incidence of oligomenorrhea at the Al-Itqon Islamic Boarding School in Cimerak Subdistrict, Pangandaran Regency. This quantitative study employed a correlational analytical survey design with a cross-sectional approach. The population consisted of all 114 eighth-grade adolescent girls at the Al-Itqon Islamic Boarding School who had already begun menstruating. Total sampling was used. The independent variable was the nutritional status of adolescent girls. The dependent variable was the incidence of oligomenorrhea. Data analysis consisted of univariate and bivariate analyses using the chi-square test. The results of the univariate analysis showed that, in the frequency distribution of nutritional status among adolescent girls, nearly half had a normal body weight, totaling 50 respondents (43.9%). Regarding the incidence of oligomenorrhea among adolescent girls, the majority did not experience oligomenorrhea, totaling 68 respondents (59.6%). The results of the chi-square test showed a p-value of 0.000 (<0.05). The conclusion of this study is that there is an association between the nutritional status of adolescent girls and the incidence of oligomenorrhea at the Al-Itqon Islamic Boarding School in Cimerak Subdistrict, Pangandaran Regency, because the p-value is < 0.05 . It is recommended that adolescent girls adopt a healthy lifestyle, consume a balanced diet, engage in regular physical activity, ensure adequate rest, and monitor their body weight or Body Mass Index (BMI).

Keywords: Adolescent Girls, Incidence of Oligomenorrhea, Nutritional Status