

# Gambaran sindrom prahaid dan hubungannya dengan intensitas aktivitas fisik pada mahasiswi Fakultas Kedokteran Universitas Indonesia tahun ajaran 2012-2013 = Premenstrual syndrome pms and its relation to intensity of physical activity on college student in Faculty of Medicine Universitas Indonesia academic year 2012-2013

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## Abstrak

Sindrom prahaid (SPH) adalah salah satu masalah kesehatan perempuan yang semakin meningkat prevalensinya selama beberapa dekade terakhir. SPH dapat menurunkan kualitas hidup perempuan saat masa suburnya. Berbagai terapi farmakologi dan nonfarmakologi digunakan untuk mengatasi gejalanya. Aktivitas fisik telah direkomendasikan sebagai salah satu metode untuk mengurangi keparahan gejala. Namun, hanya sedikit bukti yang mendukung bahwa memang ada hubungan antara SPH dengan aktivitas fisik, termasuk di Indonesia. Oleh karena itu dibutuhkan data gambaran antara dua variabel tersebut.

Menggunakan desain penelitian cross-sectional peneliti ingin melihat gambaran SPH dan hubungannya dengan intensitas aktivitas fisik pada 106 mahasiswi di Fakultas Kedokteran Universitas Indonesia yang berada dalam rentang usia 15-24 tahun. Data didapatkan dari 106 responden dengan menggunakan kuesioner tervalidasi. Diagnosis SPH menggunakan kriteria dari The American College of Obstetrics and Gynecology sedangkan aktivitas fisik berdasarkan kriteria pada kuesioner Rapid Assessment of Physical Activity.

Hasil uji distribusi data 62.3% perempuan masuk ke dalam kriteria SPH dengan distribusi ringan 19.8%, sedang 29.2%, dan berat 13.2%. Nilai p Chi-Square antara kejadian SPH dengan intensitas aktivitas fisik 0.804 ( $p < 0.050$ ). Dilakukan penggabungan data aktivitas fisik (aktif, tidak aktif) dan menggunakan uji Kolmogorov-Smirnov didapatkan  $p = 1.000$ . Sebagai kesimpulan, tidak ditemukan ada hubungan bermakna antara SPH dengan intensitas aktivitas fisik.

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Premenstrual Syndrome (PMS) is one of women's health problem with an increasing of its prevalence in recent decades. PMS has a high chance to reduce the quality of life for many women in their reproductive age. Variation of therapies has been used to eliminate the symptoms. Physical activity has been recommended as one of the treatments to reduce the severity of the symptoms. However, no clear evidence to support a relationship between PMS and physical activity, including in Indonesia. Therefore, specific data that gives picture of relationship between those variables is needed.

Using a cross-sectional design, we evaluated PMS's distribution in 106 college students between 15-24 years old in Fakultas Kedokteran Universitas Indonesia and its relationship to physical activity. Datas from respondents were assessed by validated questionnaire. Diagnostic of PMS based on The American College of Obstetrics and Gynecology criteria of PMS and Rapid Assessment of Physical Activity were used to classified the intensity of physical activity.

Distribution test shows that 62.3% women met established criteria of PMS, 19.8% with mild symptom, 29.2% moderate, and 13.2% severe. Value of  $p = 0.804$  were obtained from Chi-Square test between PMS and physical activity ( $p < 0.050$ ). Integration of several categories of physical activity were calculated (active,

non-active) and results in  $p=1.000$  from Kolmogorov-Smirnov test. As a conclusion, the results do not support a significant relationship between prevalent of PMS and intensity of physical activity.