

Hubungan antara asupan zat gizi makro, zat gizi mikro dan konsumsi kafein dengan sindrom pramenstruasi pada mahasiswa gizi Fakultas Kesehatan Masyarakat Universitas Indonesia tahun 2014 = Relationship between the intake macro nutrient micro nutrient and consumption of caffeine with premenstrual syndrome at nutrition students in FKM UI

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Abstrak

[ABSTRAK

Sindrom pramenstruasi merupakan sekumpulan gejala yang dirasakan 7-10 hari sebelum siklus menstruasi, gejala yang sering dirasakan adalah perubahan mood, nyeri sendi atau otot, food carving. Desain studi dalam penelitian ini adalah cross sectional dengan teknik sampling yang digunakan adalah sensus, sehingga responden dari penelitian ini adalah seluruh mahasiswa yang terdaftar di program studi gizi dari angkatan 2011?2013. Dari penelitian ini dapat dilihat bahwa sebagian besar mahasiswa Gizi FKM UI mengalami defisiensi zat gizi mikro, sedangkan hasil uji hubungan antara asupan zat gizi dengan sindrom pramenstruasi menyatakan beberapa asupan zat gizi memiliki hasil yang signifikan dengan sindrom pramenstruasi yaitu, Protein (0.047), Vitamin A (0.014), Vitamin B1 (0.000), Vitamin B2 (0.002), Vitamin B6 (0.000), Magnesium (0.000) dan Kalsium (0.000). adapun asupan zat gizi yang paling dominan memengaruhi sindrom pramenstruasi adalah vitamin B1, mahasiswa yang memiliki asupan vitamin B1 yang cukup memiliki resiko 61 kali lebih kecil mengalami sindrom pramenstruasi dibandingkan dengan mahasiswa yang mengalami defisiensi.

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ABSTRACT

Premenstrual syndrome is a group of symptoms that is felt 7-10 days before the menstrual cycle, which is often perceived symptoms are changes in mood, muscle pain, food carving and many more. Design study in this research used cross-sectional with sampling technique used is the census, so the respondents of this study are all female students enrolled in the course nutrition of force from 2011 to 2013. From this study it can be seen that most of the FKM UI student Nutritional deficiency of micronutrients, while the test results the relationship between nutrient intake with premenstrual syndrome reveals some nutrient intake had significant results with premenstrual syndrome, namely, Proteins (0047), Vitamin A (0014), Vitamin B1 (0.000), Vitamin B2 (0002), Vitamin B6 (0.000), Magnesium (0000) and Calcium (0000). As for the nutrient intake of the most dominant influence of premenstrual syndrome is vitamin B1, a student who has a sufficient intake of vitamin B1 has a 61 times lower risk of experiencing premenstrual syndrome compared with students who are deficient; Premenstrual syndrome is a group of symptoms that is felt 7-10 days before the menstrual cycle, which is often perceived symptoms are changes in mood, muscle pain, food carving and many more. Design study in this research used cross-sectional with sampling technique used is the census, so the respondents of this study are all female students enrolled in the course nutrition of

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