

ABSTRACT

RELATIONSHIP BETWEEN NUTRITIONAL STATUS, EXERCISE LEVEL AND RECREATION LEVEL WITH DYSMENORRHEA IN NURSING STUDENTS AT AIRLANGGA UNIVERSITY

A CROSS SECTIONAL STUDY

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Introduction: Dysmenorrhoea is a pain that occurs when a woman experiences menstruation with characteristics of pain that is felt before or during menstruation in a short time. The pain that is felt can disrupt woman's activities. It caused by a poor physiological condition, this occurs to students who are active in lecturing where they cannot meet their basic needs, such as meeting nutritional needs, exercise and recreation. **Method:** This research is an analytic survey with cross sectional design. The number of samples taken was 116 students who fit the inclusion criterias, they are students of regular nursing faculty in the 2019 class, 18 and 19 years old and not yet married. Instrument for dysmenorea using the Numeric Rating Scale (NRS) and questionnaire. Measurement nutritional status using the Mid Upper Arm Circumference (MUAC). Data were analyzed using Spearman Rho test with a significant $\alpha=0,05$. **Result:** The result of the analysis of nutritional status, exercise level and recreation level was showed a significant relationship, nutritional status ($r=0,206$, $p=0,026$), exercise level ($r=-0,224$, $p=0,015$) and recreation level ($r=-0,272$, $p=0,003$). **Discussion:** Poor nutritional levels were tended to increase dysmenorrhoea, less exercise levels were tended to cause severe dysmenorrhoea and less recreational levels were also tended to cause severe dysmenorrhoea. Health education about fulfilling nutrition, maintaining health by continuing to exercise and making time for recreation will reduce the risk of dysmenorrhoea.

Keywords: nutritional status, exercise, recreation, dysmenorrhoea

MOTTO

“Good day, good life”

“Tetap yakin Allah SWT akan memberi jawaban atas apa yang kita dambakan
saat ini, suatu hari nanti”

“Tidak ada kesuksesan melainkan dengan pertolongan Allah.” -
Q.S Huud: 881