

ABSTRACT

Vitamin B₆ is a water soluble type of vitamin that plays a role in reducing the degree of pain in dysmenorrhea among menstrual women. It is an important cofactor in converting linoleic fatty acid (LA) into a form of dihomogamma-linoleic fatty acid (DGLA) to produce anti-inflammatory PG. PG is one of the hormones cause dysmenorrhea that occurs in the early period of woman menstruation. Dysmenorrhea causes a lot of women loss of productivities both in economic and social life. The objective of this research was to analyze the correlation between the intakes of food sources of vitamin B₆ with the degree of dysmenorrhea in the middle adolescence aged 15-17 years in Senior High School Surabaya.

This research was an observational analytic study with cross sectional design. Data were collected through the questionnaire of anthropometry, Food Frequencies Questionnaire and 24-Hours Dietary Recall for 2 days. Subjects were students had reached menarche at least for 1 year. 67 subjects were obtained by simple random sampling technique.

The prevalence of dysmenorrhea in subjects was founded amount 64,25%. Mild dysmenorrhea (1st degree) was 11,9% and moderate dysmenorrhea (2nd degree) was 52.2%, and the intake of food sources of vitamin B₆ was about 0.706 mg (58.83% RDA).

From statistical tests using polyserial correlation, there is an inverse relationship between both variable (with a value of $p = 0.011$ and Polyserial correlation coefficient = -0.239) which the less intake of food sources of vitamin B₆, the higher the degree of dysmenorrhea occurred among respondents.

Based on the research, the school is advised to provide counseling about healthy reproduction, especially related to dysmenorrhea that had been many complaints by students and additional insight into the specific nutrient that can be used to manage dysmenorrhea.

Key words: vitamin B₆, dysmenorrhea, adolescents aged 15-17 years