

ABSTRACT**THE ANALYZE FACTOR THAT RELATED WITH MYOMA UTERI IN WOMEN OF CHILDBEARING AGE**

Case Control Study in Poly Gynecology,
dr.Mohamad Soewandhi Hospital

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Uterine myomas are benign tumors of uterine smooth muscle cells are composed of smooth muscle tissue, connective tissue and collagen fibroids. In Indonesia myoma uteri was found 2.39% - 11.7% of all gynecological patients treated. The exact cause of uterine myoma is had known for certain until today. Risk factors such as age of menarche, family history, body mass index (BMI), parity and type of contraception can cause uterine myoma.

This study aims to determine the factors correlating with the incidence of uterine myomas in women of childbearing age in Poly Gynecology, dr.Mohamad Soewandhi Hospital, Surabaya.

This research used a case control design. Populations were all women who visit to Poly Gynecology. It used purposive sampling technique. Total sampel were 30 patients with myoma uteri and 30 women of childbearing age. The independent variable was the age of menarche, family history, BMI, parity, type of contraception and the dependent variable was the incidence of uterine myoma. Data were collected by interviews, weight scales, height measurement and medical records. The analysis used Chi Square / Fisher's Exact Test with level of significance of $\leq 0,05$.

The results showed that age of menarche ($p = 0.158$) and family history ($p = 0.100$) had no correlation with myoma uteri. Body Mass Index ($p = 0.009$), parity ($p = 0.00$) and type of contraception ($p = 0.00$) had correlation with myoma uteri.

Every woman more aware about the disease of reproductive age, especially myoma uteri by reducing foods that contain estrogen such as meat and beans..

Keyword : *Myoma uteri, age of menarche, family history, BMI, parity, and contraception*