

ABSTRACT

**RELATIONSHIP BETWEEN NUTRITIONAL STATUS WITH THE
INTENSITY AND QUALITY OF DYSMENORRHEA IN
ADOLESCENT GIRLS AT ST. STANISLAUS
CATHOLIC HIGH SCHOOL SURABAYA**

A CROSS SECTIONAL STUDY

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Dysmenorrhea, or menstrual pain is the pain before or during menstruation. This pain lasts for one to several days during menstruation. One of the risk factors that can cause dysmenorrhea is poor nutritional status.

The purpose of this study was to determine the relationship of nutritional status and the intensity and quality of dysmenorrhea in adolescent girls in St. Stanislaus Catholic High School Surabaya.

This research is analytic survey with cross sectional design. The number of samples taken were 79 students using the inclusion criteria. Instruments for dysmenorrhea intensity using the Visual Analog Scale (VAS) and quality of dysmenorrhea using the Adolescent Pediatric Pain Tool (APPT). Measurement nutritional status using BMI Z-Score calculation application from WHO. Data were analyzed using Spearman Rho test with $p < \alpha$ ($\alpha = 0,05$).

Statistical test results for the variable of intensity of dysmenorrhea showed a p-value of 0,001 and for the variable of quality of dysmenorrhea showed a p-value of 0,002, meaning a significant relationship between nutritional status and intensity and quality of dysmenorrhea.

Poor nutrition status will lead to increase the intensity and quality of dysmenorrhea in adolescent girls. Health education about nutrition status for adolescent girls needs to be improved to prevent reproductive problem, especially dysmenorrhea.

Keywords: dysmenorrhea, nutritional status, adolescent girl.