

## **GAMBARAN STATUS GIZI DENGAN SIKLUS MENSTRUASI PADA SISWI DI SMA DARUL ISLAM GRESIK**

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### **ABSTRAK**

Remaja mempunyai kebutuhan nutrisi yang spesial, karena pada saat tersebut terjadi pertumbuhan yang pesat dan terjadi perubahan kematangan fisiologis sehubungan dengan timbulnya pubertas. Pertumbuhan pada masa remaja akan mempengaruhi kebutuhan, absorpsi, serta cara penggunaan zat gizi, hal ini disertai dengan pembesaran organ dan jaringan tubuh yang cepat. Perubahan hormon yang menyerupai pubertas juga menyebabkan banyak perubahan fisiologis yang mempengaruhi kebutuhan gizi pada remaja. Tujuan penelitian ini adalah untuk mengetahui gambaran status gizi dengan siklus menstruasi pada siswi di SMA Darul Islam Gresik menggunakan metode deskriptif. Populasi penelitian ini adalah semua siswi perempuan kelas 10, 11, 12 sebanyak 100 siswi dan sampel penelitian ini adalah 100 siswi yang sesuai dengan kriteria inklusi dan eksklusi dengan teknik pengambilan *total sampling*. Hasil penelitian ini didapat bahwa hampir setengah siswi mengalami status gizi kurus sebanyak 47% dan hampir setengah siswi mempunyai siklus menstruasi normal sebanyak 45%. Kesimpulan : Hampir setengah siswi mempunyai status gizi kurus dan siklus menstruasi normal..

**Kata Kunci : Status Gizi, Siklus Menstruasi siswi**

DESCRIPTION OF NUTRITIONAL STATUS WITH MENSTRUAL CYCLE  
IN SESWI IN GRESIK DARUL ISLAMIC HIGH SCHOOL SCHOOL

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***ABSTRACT***

*Teenagers have special nutritional needs, because at that time there is rapid growth and changes in physiological maturity due to the onset of puberty. Growth in adolescence will affect the needs, absorption, and ways of using nutrients, this is accompanied by enlargement of organs and rapid body tissue. Hormonal changes that resemble puberty also cause many physiological changes that affect the nutritional needs of adolescents. The purpose of this study was to determine the description of nutritional status with the menstrual cycle in female students at Darul Islam Gresik High School using descriptive methods. The population of this study were all female students in grade 10, 11, 12 as many as 100 students and the sample of this study was 100 students who were in accordance with the criteria of inclusion and exclusion using the total sampling technique. The results of this study were obtained that almost half of the students had underweight nutritional status as much as 47% and almost half of the students had a normal menstrual cycle of 45%. Conclusion: Nearly half of students have underweight nutritional status and normal menstrual cycles.*

***Keywords: Nutritional Status, Student Menstrual Cycle***