

HUBUNGAN KONSUMSI BUAH DAN SAYUR SERTA KOPI *READY TO DRINK* TERHADAP KEJADIAN GANGGUAN SIKLUS MENSTRUASI REMAJA PUTRI

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ABSTRAK : Sebanyak 45% remaja berusia 12-24 tahun mengalami gangguan siklus menstruasi yang disebabkan banyak faktor antara lain kurang konsumsi buah dan sayur yaitu sebanyak 95.1% dan keseringan konsumsi kopi *ready to drink* yaitu sebanyak 8.2%. Penelitian ini bertujuan untuk menganalisis hubungan konsumsi buah dan sayur serta kopi *ready to drink* terhadap kejadian gangguan siklus menstruasi remaja putri di SMKN 38 Jakarta. Metode penelitian yang digunakan kuantitatif dengan desain *cross sectional*. Sampel penelitian berjumlah 66 siswi menggunakan teknik *proportional random sampling*. Hasil penelitian terdapat hubungan yang signifikan antara konsumsi buah dengan siklus menstruasi dan lama nyeri atau kram perut sebesar 0.002 dan 0.007, konsumsi sayur dengan siklus menstruasi dan lama nyeri atau kram perut sebesar 0.014 dan 0.050 dan konsumsi kopi *ready to drink* dengan siklus menstruasi dan lama nyeri atau kram perut sebesar 0.034 dan 0.050 dengan nilai *p value* <0.05. Namun, tidak ada hubungan yang signifikan antara konsumsi buah dan sayur dengan lama menstruasi sebesar 0.138 dan 1.000 serta kopi *ready to drink* dengan lama menstruasi sebesar 0.066 dengan nilai *p value* >0.05. Kesimpulan penelitian ini semakin jarang konsumsi buah dan sayur serta semakin rutin konsumsi kopi *ready to drink* semakin mempunyai peluang terjadinya gangguan siklus menstruasi dan keluhan nyeri atau kram perut saat menstruasi. Diharapkan siswi perlu memperhatikan pola makan yang seimbang dan beraneka ragam serta membatasi konsumsi kopi *ready to drink* agar tidak terjadinya gangguan siklus menstruasi dan keluhan nyeri atau kram perut saat menstruasi.

Kata kunci : Buah, Konsumsi, Kopi, Remaja Putri, Sayur, Siklus Menstruasi.

ABSTRACT : *As many as 45% of adolescents aged 12-24 years experience menstrual cycle disorders caused by many factors, including a lack of fruit and vegetable consumption, which is 95.1%, and frequent consumption of ready-to-drink coffee, which is 8.2%. This study aims to analyze the relationship between fruit and vegetable consumption and ready-to-drink coffee on the incidence of menstrual cycle disorders in young women at SMKN 38 Jakarta. The research method used is quantitative with a cross sectional design. The research sample consisted of 66 female students using the Proportional Random Sampling technique. The results showed that there was a significant relationship between fruit consumption and the menstrual cycle and duration of abdominal pain or cramps of 0.002 and 0.007, consumption of vegetables and menstrual cycle and duration of abdominal pain or cramps of 0.014 and 0.050 and consumption of ready-to-drink coffee with menstrual cycles and duration of pain or abdominal cramps of 0.034 and 0.050 with a p value <0.05. However, there was no significant relationship between fruit and vegetable consumption and menstrual duration of 0.138 and 1.000 and ready-to-drink coffee with menstrual duration of 0.066 with a p value > 0.05. In conclusion, the less often you consume fruits and vegetables and the more regularly you consume ready-to-drink coffee, the more likely you are to experience menstrual cycle disorders and complaints of abdominal pain or cramps during menstruation. It is possible that female students need to pay attention to a balanced and varied diet and limit the consumption of ready-to-drink coffee so that there are no menstrual cycle disturbances and complaints of abdominal pain or cramps during menstruation.*

Keywords : *Coffee, Consumption, Fruit, Menstrual Cycle, Vegetable, Young Women.*