

ABSTRACT

Background : Dysmenorrhea is menstrual pain that teenagers feel one or two days during their menstrual period. Dysmenorrhea has a big impact on activities and disrupts teenagers' daily productivity. Fast Food is a type of instant food that is high in fat, sugar and salt and contains trans fatty acids. This study aims to see the relationship between fast food consumption habits and the incidence of primary dysmenorrhea in adolescent girls at SMAN 4 Jambi City. SMAN 4 Jambi City was chosen based on observations and data from the Jambi City education office

Methods : This type of quantitative correlation research uses a cross sectional approach, which is used to study the relationship between the two variables. With a sample of 77 people, cluster technique, using a questionnaire instrument

Results : Data was obtained on 77 research samples of young women who experienced dysmenorrhea as much as 76.6% and consumed fast food in the frequent category as much as 62.3%. The correlation test used is chi square. results obtained ($p 0.01 < 0.05$)

Conclusion : There is a relationship between fast food consumption habits and the incidence of dysmenorrhea in adolescent girls at SMAN 4 Jambi City. Suggestions for schools are that they hope to increase education about healthy food and participate in getting students into healthy lifestyle habits through programs that can be adapted to the school curriculum. His research can be used as reference material in educating health workers regarding the incidence of dysmenorrhea in adolescents.

Keywords : Dysmenorrhea, Fast Food, Menstruation

ABSTRAK

Latar Belakang : Dismenore adalah nyeri haid yang dirasakan remaja satu atau dua hari saat masa menstruasi, dismenore memberikan dampak besar terhadap aktivitas dan mengganggu produktivitas keseharian remaja. *Fast Food* merupakan jenis makanan instan yang mengandung tinggi lemak, gula dan garam serta mengandung asam lemak trans. Penelitian ini bertujuan untuk melihat adanya hubungan kebiasaan konsumsi *Fast Food* terhadap kejadian Dismenore primer pada remaja putri di SMAN 4 Kota Jambi. SMAN 4 Kota Jambi dipilih berdasarkan hasil observasi dan data dari dinas pendidikan Kota Jambi.

Metode : Jenis penelitian kuantitatif korelasi dengan pendekatan *Cross Sectional*, yang digunakan untuk mempelajari hubungan kedua variabel. Dengan sampel 77 orang, teknik *cluster*, menggunakan instrument kuesioner

Hasil : Data diperoleh pada 77 sampel penelitian remaja putri yang mengalami dismenore sebanyak 76,6% dan mengonsumsi *Fast Food* dalam kategori sering sebanyak 62,3%. Uji korelasi yang digunakan yaitu *chi square*. hasil yang didapatkan ($p\ 0.01 < 0.05$)

Kesimpulan : Terdapat hubungan kebiasaan konsumsi *Fast Food* terhadap kejadian dismenore pada remaja putri di SMAN 4 Kota Jambi. Saran bagi pihak sekolah, diharapkan dapat meningkatkan edukasi mengenai makanan sehat dan ikut serta dalam pembiasaan gaya hidup sehat para siswa melalui program-program yang dapat disesuaikan dengan kurikulum sekolah. Penelitian ini dapat digunakan sebagai bahan acuan dalam penyuluhan tenaga kesehatan terkait kejadian dismenore pada remaja.

Kata Kunci : Dismenore, *Fast Food*, Menstruasi