

ABSTRAK

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HUBUNGAN TINGKAT KECUKUPAN KALSIUM DAN STATUS GIZI DENGAN KEJADIAN *PRE MENSTRUAL SYNDROM* (PMS) PADA REMAJA PUTRI

Pre Menstrual Syndrome (PMS) merupakan kumpulan gejala fisik, emosional, dan perilaku yang terjadi selama fase luteal pada siklus menstruasi dalam rentang waktu antara 7-14 hari sebelum datangnya menstruasi. PMS kerap terjadi pada usia remaja dan dapat memengaruhi kualitas hidup serta mengganggu aktivitas sehari-hari. Terdapat beberapa faktor yang dapat mempengaruhi keparahan gejala PMS diantaranya asupan kalsium dan status gizi. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kecukupan kalsium dan status gizi dengan kejadian PMS pada siswi SMPN 1 Rajapolah. Penelitian ini menggunakan desain *cross-sectional*. Data dikumpulkan melalui wawancara *food recall* 24 jam, kuesioner gejala PMS, dan pengukuran antropometri. Uji statistik *chi-square* digunakan untuk menguji hubungan antar variabel. Hasil penelitian menunjukkan bahwa 62,1% responden mengalami PMS. Terdapat hubungan yang signifikan antara tingkat kecukupan kalsium ($p\text{-value}=0,005$; OR 4,153), status gizi lebih ($p\text{-value}=0,045$; OR 3,250) dan tingkat kecukupan magnesium ($p\text{-value}=0,035$; OR 2,968) dengan kejadian PMS. Tidak ditemukan hubungan signifikan antara PMS dengan status gizi kurang, kelebihan asupan garam, kelebihan asupan gula, dan tingkat kecukupan vitamin B6 ($p\text{-value}>0,05$). Terdapat hubungan yang signifikan antara tingkat kecukupan kalsium dan status gizi lebih dengan kejadian PMS pada remaja putri di SMPN 1 Rajapolah tahun 2025.

Kata Kunci: Kalsium, Menstruasi, *Pre Menstrual Syndrome*, Remaja Putri, Status Gizi

ABSTRACT

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***THE RELATIONSHIP BETWEEN THE LEVEL OF CALCIUM ADEQUACY
AND NUTRITIONAL STATUS WITH THE INCIDENCE OF PRE
MENSTRUAL SYNDROME (PMS) IN ADOLESCENT GIRLS***

Pre menstrual syndrome (PMS) is a group of physical, emotional, and behavioral symptoms that occur during the luteal phase of the menstrual cycle in the range of 7-14 days before the arrival of menstruation. PMS often occurs in adolescence and can affect quality of life and interfere with daily activities. There are several factors that can affect the severity of PMS symptoms including calcium intake and nutritional status. This study aims to determine the relationship between the level of calcium adequacy and nutritional status with the incidence of PMS in students of SMPN 1 Rajapolah. This study used a cross-sectional design. Data were collected through 24-hour food recall interviews, PMS symptom questionnaires, and anthropometric measurements. The chi-square statistical test was used to test the relationship between variables. The results showed that 62.1% of respondents experienced PMS. There was a significant relationship between calcium adequacy level ($p\text{-value}=0.005$; OR 4.153), overnutrition status ($p\text{-value}=0.045$; OR 3.250) and magnesium adequacy level ($p\text{-value}=0.035$; OR 2.968) with the incidence of PMS. There was no significant association between PMS and undernutrition, excess salt intake, excess sugar intake and vitamin B6 adequacy level ($p\text{-value}>0.05$) with the incidence of PMS. There was a significant association between calcium adequacy and overnutrition status with the incidence of PMS among adolescent girls at SMPN 1 Rajapolah in 2025.

Keywords: *Calcium, Menstruation, Pre Menstrual Syndrome, Adolescent Girls, Nutritional Status*