

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN
KEBIDANAN PROGRAM STUDI SARJANA TERAPAN KEBIDANAN
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**HUBUNGAN INDEKS MASSA TUBUH DAN AKTIVITAS FISIK DENGAN
KEJADIAN DISMENORE PADA REMAJA PUTRI DI SMA NEGERI 4 METRO**

xv + 61 halaman, 11 tabel, 5 gambar, 11 lampiran

RINGKASAN

Dismenore dapat berdampak pada kesulitan konsentrasi, kecemasan, gangguan dalam proses pembelajaran, ketidakhadiran di sekolah, serta keterbatasan dalam melakukan aktivitas fisik. Pada tahun 2023 lebih dari 50% Perempuan mengalami dismenore primer, dengan prevalensi di Indonesia sebesar 64,25%, di Provinsi Lampung sebesar 54,9%, dan diperkirakan mencapai 70% di Kota Metro, di SMA Negeri 4 Metro ada 87% yang merupakan prevalensi dengan presentase tertinggi di Kota Metro. Dismenore primer disebabkan oleh peningkatan hormon prostaglandin yang memicu kontraksi rahim berlebihan. Sementara itu, dismenore sekunder berkaitan dengan gangguan atau kelainan pada organ reproduksi. Penelitian ini bertujuan untuk mengetahui hubungan indeks massa tubuh dan aktivitas fisik dengan kejadian dismenore pada remaja putri di SMA Negeri 4 Metro.

Jenis penelitian ini kuantitatif dengan desain *Cross-sectional*, populasi seluruh remaja putri kelas X tahun 2025 ada 201 remaja putri. Sampel dihitung dengan rumus *lemes show* didapatkan hasil 74. Teknik pengambilan sampel dengan kriteria inklusi dan eksklusi, kemudian membagi populasi dengan *stratified random sampling* terdiri dari 9 kelas. Selanjutnya, pemilihan responden dilakukan secara acak dengan cara mengundi menggunakan nomor absen responden pada masing-masing kelas. Pengumpulan data dilakukan melalui penimbangan berat badan, pengukuran tinggi badan dan wawancara dengan kuesioner. Data dianalisis secara univariat dan bivariat menggunakan uji *Chi-square* dengan $\alpha=0,05$.

Hasil penelitian di dapatkan proposi yang mengalami dismenore 30 (44,5%) dan yang tidak dismenore 44 (59,5%) responden, Proporsi indeks massa tubuh dengan kategori normal 39 (52,7%) dan tidak normal 35 (47,3%) responden, Proporsi responden dengan kategori berat sebanyak 37 (50,0%) kategori ringan-sedang 37 (50,0%) responden. Hasil uji statistik ada hubungan indeks massa tubuh ($p = 0.000$) dan aktivitas fisik ($p = 0.033$) dengan kejadian dismenore yang berarti ada hubungan spesifik antara variabel tersebut.

Kesimpulan penelitian ada hubungan Indeks massa tubuh dan aktivitas fisik dengan kejadian dismenore pada remaja putri, sekolah dapat menyusun program edukasi berkala mengenai pentingnya menjaga berat badan ideal dan gaya hidup aktif sebagai upaya pencegahan dismenore guna mencegah terjadinya dismenore.

Kata Kunci : Remaja, Dismenore, Indeks Massa Tubuh, Aktivitas Fisik
Daftar bacaan : 41 (2012-2024)

**TANJUNGPURING HEALTH POLYTECHNIC DEPARTMENT OF
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PROGRAM METRO THESIS, MAY 2025**

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**RELATIONSHIP BETWEEN BODY MASS INDEX AND PHYSICAL
ACTIVITY WITH THE INCIDENCE OF DYSMENORRHEA IN FEMALE
ADOLESCENTS AT SMA NEGERI 4 METRO**

xv + 61 pages, 11 tables, 5 figures, 11 appendices

SUMMARY

Dysmenorrhea can lead to difficulty concentrating, anxiety, learning difficulties, absenteeism from school, and limitations in physical activity. In 2023, over 50% of women experienced primary dysmenorrhea, with a prevalence rate of 64.25% in Indonesia, 54.9% in Lampung Province, and an estimated 70% in Metro City. At SMA Negeri 4 Metro, 87% of students experienced dysmenorrhea, the highest prevalence rate in Metro City. Primary dysmenorrhea is caused by an increase in prostaglandin hormones, which trigger excessive uterine contractions. Meanwhile, secondary dysmenorrhea is associated with abnormalities or disorders in the reproductive organs. This study aims to investigate the relationship between body mass index and physical activity with the occurrence of dysmenorrhea among adolescent girls at SMA Negeri 4 Metro.

This is a quantitative study with a cross-sectional design, with a population of 201 female adolescents in grade X in 2025. The sample size was calculated using the Lemeshow formula, resulting in 74 participants. The sampling technique involved inclusion and exclusion criteria, followed by stratified random sampling of the population, which consisted of 9 classes. Subsequently, respondents were selected randomly by drawing lots using the respondents' attendance numbers in each class. Data collection was conducted through weight measurement, height measurement, and interviews using a questionnaire. Data were analyzed using univariate and bivariate analysis with the Chi-square test at $\alpha=0.05$.

The study results showed that 30 (44.5%) respondents experienced dysmenorrhea and 44 (59.5%) did not. The proportion of body mass index (BMI) in the normal category was 39 (52.7%) and in the abnormal category was 35 (47.3%) respondents. The proportion of respondents in the severe category was 37 (50.0%), and in the mild-moderate category was 37 (50.0%). Statistical test results showed a significant association between body mass index ($p = 0.000$) and physical activity ($p = 0.033$) with the occurrence of dysmenorrhea, indicating a specific relationship between these variables.

The conclusion of the study is that there is a relationship between body mass index and physical activity with the occurrence of dysmenorrhea in adolescent girls. Schools can develop regular educational programs on the importance of maintaining an ideal body weight and an active lifestyle as a preventive measure against dysmenorrhea to prevent its occurrence.

Keywords : Adolescents, Dysmenorrhea, Body Mass Index, Physical
Reading list : 41 (2012-2024)