

ABSTRAK

Khoirunnisa : Hubungan Frekuensi Konsumsi Junk food dan Screen Time dengan Kejadian Dismenorea Primer Pada Siswi Jurusan Keperawatan di SMK Kesehatan Imelda Medan. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2026

Dismenorea primer yaitu nyeri di bagian perut bawah pada saat menstruasi tanpa disertai kondisi patologis pelvis. Faktor yang berhubungan dengan kejadian dismenorea primer adalah konsumsi *junk food* dan perilaku *screen time* yang dapat memperburuk nyeri. Hasil observasi menunjukkan bahwa 75% siswi mengalami kejadian dismenorea primer. Penelitian ini bertujuan untuk mengetahui hubungan antara frekuensi konsumsi *junk food* dan *screen time* dengan kejadian dismenorea primer pada siswi jurusan keperawatan di SMK Kesehatan Imelda Medan.

Jenis penelitian ini adalah penelitian kuantitatif dengan desain pendekatan *cross sectional* pada populasi yang berjumlah 103 orang. Sampel dalam penelitian sebanyak 62 orang berdasarkan rumus besar sampel dan diambil secara *simple random sampling*. Penelitian ini dilaksanakan pada bulan Oktober 2025. Data dikumpulkan melalui kuesioner *Food Frequency Questionnaire* (FFQ) untuk menilai frekuensi konsumsi *junk food* dan *Quentinnaire for Screen Time of Adolescents* (QueST) untuk menilai *screen time*. Instrumen penelitian kejadian dismenorea primer menggunakan formulir *Numeric Rating Scale* (NRS). Analisis data menggunakan uji *chi-square* dan uji regresi *cox*.

Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki frekuensi konsumsi *junk food* kategori ≥ 7 kali/minggu (67,7%), *screen time* tinggi (77,4%), dan mengalami kejadian dismenorea primer (63,0%). Hasil uji *Chi-Square* menunjukkan terdapat hubungan signifikan antara frekuensi konsumsi *junk food* dengan kejadian dismenorea primer ($p = 0,000$; PR = 8,810) dan terdapat hubungan signifikan antara *screen time* dengan kejadian dismenorea primer ($p = 0,000$; PR = 5,396). Hasil uji regresi *Cox* menunjukkan bahwa hanya frekuensi konsumsi *junk food* yang berhubungan signifikan dengan kejadian dismenorea primer ($p = 0,000$; PR = 6,261; 95% CI = 2,071–18,928), sedangkan *screen time* tidak berhubungan signifikan dengan kejadian dismenorea primer ($p = 0,428$ PR = 1,447; 95% CI = 0,581–3,608).

Kata Kunci : Dismenorea Primer, *Junk Food*, Remaja Putri, *Screen Time*, Stres

ABSTRACT

Khoirunnisa : *The Relationship between Frequency of Junk Food Consumption and Screen Time and the Incidence of Primary Dysmenorrhea in Female Nursing Students at Imelda Health Vocational School Medan. Essay. Nutrition Study Program, Faculty of Engineering, State University of Medan. 2026*

Primary dysmenorrhea is pain in the lower abdomen during menstruation without any associated pelvic pathology. Factors associated with primary dysmenorrhea include junk food consumption and screen time, which can exacerbate the pain. Observations indicate that 75% of female students experience primary dysmenorrhea. This study aims to determine the relationship between junk food consumption and screen time with primary dysmenorrhea among female nursing students at Imelda Health Vocational School, Medan.

This research is a quantitative study with a cross-sectional design on a population of 103 people. The sample size was 62 people based on the sample size formula and was taken using simple random sampling. This research was conducted in October 2025. Data were collected through the Food Frequency Questionnaire (FFQ) to assess the frequency of junk food consumption and the Quentinaire for Screen Time of Adolescents (QueST) to assess screen time. The research instrument for primary dysmenorrhea incidence used the Numeric Rating Scale (NRS) form. Data were analyzed using the chi-square test and cox regression.

The results showed that most respondents had a frequency of junk food consumption category ≥ 7 times/week (67.7%), high screen time (77.4%), and experienced primary dysmenorrhea (63.0%). The results of the Chi-Square test showed a significant relationship between the frequency of junk food consumption and the incidence of primary dysmenorrhea ($p = 0.000$; $PR = 8.810$) and there was a significant relationship between screen time and the incidence of primary dysmenorrhea ($p = 0.000$; $PR = 5.396$). The results of the Cox regression test showed that only the frequency of junk food consumption was significantly associated with the incidence of primary dysmenorrhea ($p = 0.000$; $PR = 6.261$; $95\% CI = 2.071-18.928$), while screen time was not significantly associated with the incidence of primary dysmenorrhea ($p = 0.428$; $PR = 1.447$; $95\% CI = 0.581-3.608$).

Keywords: Primary Dysmenorrhea, Junk Food, Teenage Girl, Screen Time, Stress