

## ABSTRAK

**Ermi Tria Ningrum : Hubungan Perilaku Makan Remaja Putri Dengan Dismenorea (nyeri mensturasi) di MTSN 2 Medan. Skripsi. Fakultas Teknik Universitas Negeri Medan 2022.**

Tujuan penelitian ini untuk mengetahui : (1) Karakteristik responden yaitu pendidikan orang tua, besaran keluarga, pekerjaan orang tua dan pendapatan orang tua. (2) Perilaku makan pada remaja putri sebelum remaja mensturasi. (3) Tingkat dismenorea remaja putri. (4) hubungan perilaku makan pada remaja putri dengan dismenorea. Tempat penelitian dilaksanakan di MTSN 2 Medan, waktu penelitian dilaksanakan pada bulan Mei – juli 2022. Populasi pada penelitian ini remaja putri sebesar 219, Desain penelitian *cross sectional*, Teknik pengambilan sampel dilakukan dengan cara *purposiv sampling*, sehingga diperoleh jumlah sampel sebanyak 60 orang remaja putri. Teknik pengumpulan data menggunakan kuesioner. Data perilaku makan menggunakan kuesioner, data dismenorea menggunakan assesment tool. Teknik analisis menggunakan deskriptif data uji korelasi *rank spearmen*.

Karakteristik responden yaitu pendidikan ayah termasuk kategori SMP/SMA dengan rerata 9 Tahun, Pendidikan Ibu termasuk kategori SMP/SMA dengan rerata 10 Tahun. Rerata Pekerjaan ayah swasta dan pekerjaan ibu sebagai ibu rumah tangga. Pendapatan ayah termasuk kategori sedang dengan rerata Rp.2.476.666 dan pendapatan ibu tidak berpendapatan. Besar anggota keluarga kecil dengan rerata 4 orang. Perilaku makan remaja putri termasuk kategori tidak baik sebesar 55 persen. Dismenorea pada remaja putri termasuk kategori nyeri sedang sebesar 33,33 persen. Berdasarkan Hasil uji korelasi rank spearman menunjukkan terdapat hubungan yang positif dan signifikan antara Perilaku Makan remaja putri dengan dismenorea dengan nilai koefisien korelasi sebesar 0,671 dan nilai p-value 0,000 pada taraf signifikan 0,50 artinya semakin baik perilaku makan remaja putri maka semakin rendah kejadian dismenorea.

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## *ABSTRACT*

**Ermi Tria Ningrum: The Relationship between Adolescent Girls' Eating Behavior and Dysmenorrhea (menstrual pain) at MTSN 2 Medan. Skippy. Faculty of Engineering, State University of Medan 2022.**

The purpose of this study was to determine: (1) Characteristics of respondents, namely parents' education, family size, parents' occupations and parents' income. (2) Eating behavior in adolescent girls before menstruating adolescents. (3) The rate of dysmenorrhea in adolescent girls. (4) the relationship between eating behavior in adolescent girls and dysmenorrhea. The place of research was carried out at MTSN 2 Medan, the time of the study was carried out in May - July 2022. The population in this study was 219 young women, the research design was cross sectional, the sampling technique was carried out by purposive sampling, in order to obtain a total sample of 60 young women. . Data collection techniques using a questionnaire. Eating behavior data using a questionnaire, dysmenorrhea data using an assessment tool. The analysis technique uses descriptive data of Spearman rank correlation test.

The characteristics of the respondents are that the father's education is in the junior/high school category with an average of 9 years, and the mother's education is in the junior high/high school category with an average of 10 years. Average employment of private fathers and mother's work as housewives. The income of the father is in the medium category with an average of Rp. 2,476,666 and the income of the mother is not. Big small family members with an average of 4 people. The eating behavior of adolescent girls is included in the bad category by 55 percent. Dysmenorrhea in adolescent girls is included in the moderate pain category by 33.33 percent. Based on the results of the Spearman rank correlation test, there is a positive and significant relationship between the eating behavior of adolescent girls and dysmenorrhea with a correlation coefficient of 0.671 and a p-value of 0.000 at a significant level of 0.50 meaning that the better the eating behavior of adolescent girls, the lower the incidence of dysmenorrhea.

