ABSTRAK

Fairuz Zahra Amany : Hubungan Status Gizi dan Pola Konsumsi Makanan Cepat Saji *(Fast Food)* **Dengan Dismenorea Primer Pada Remaja Putri Di SMP Swasta Al-Azhar Medan. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2022**

Tujuan pada penelitian ini untuk mengetahui: (1) Karakteristik responden. (2)Status gizi pada remaja putri. (3) Pola konsumsi makanan cepat saji *(fast food)* pada remaja putri. (4) Dismenorea primer pada remaja putri. (5) Hubungan status gizi dengan dismenorea primer pada remaja putri. (6) Hubungan pola konsumsi makanan cepat saji *(fast food)* dengan dismenorea primer pada remaja putri. (7) Hubungan antara status gizi dan pola konsumsi makanan cepat saji *(fast food)* dengan dismenorea primer pada remaja putri. Tempat penelitian di SMP Swasta Al-Azhar Medan. Populasi pada penelitian ini yaitu seluruh remaja putri kelas IX sebanyak 90 orang. Teknik pengambilan sampel secara *total sampling,* dengan jumlah 90 orang remaja putri. Penelitian ini menggunakan desain *cross sectional*. Teknik pengumpulan data menggunakan kuesioner. Teknik analisis data secara deskriptif, uji korelasi *rank spearman* dan uji *regresi linier berganda.*

Berdasarkan hasil peneltiian ini, status gizi remaja putri temasuk kategori gizi baik sebesar 56,67 persen. Pola konsumsi makanan cepat saji *(fast food)* termasuk kategori sering sebesar 61,11 persen. Dismenorea primer termasuk kategori nyeri sedang sebesar 67,78 persen. Hasil analisis uji korelasi *rank spearman* terdapat hubungan positif dan signifikan antara status gizi dengan dismenorea primer pada remaja putri, artinya semakin baik status gizi remaja putri maka kejadian dismenorea primer pada remaja putri akan menurun (ρ=0,596). Hasil analisis uji korelasi *rank spearman* terdapat hubungan positif dan signifikan antara pola konsumsi makanan cepat saji *(fast food)* dengan dismenorea primer pada remaja putri artinya semakin sering mengkonsumsi makanan cepat saji maka kejadian dismenorea primer pada remaja putri semakin meningkat (ρ=0,615). Hasil analisis regresi linier berganda terdapat hubungan positif dan signifikan antara status gizi dan pola konsumsi makanan cepat saji *(fast food)* dengan dismenorea primer pada remaja putri ($Y = 3{,}708 + 0{,}665X_1 + 0{,}010X_2$), artinya semakin baik status gizi dan semakin rendah pola konsumsi makanan cepat saji *(fast food)* maka semakin rendah kejadian dismenorea primer.

ABSTRACT

Fairuz Zahra Amany : *The Relationship between Nutritional Status and Fast Food Consumption Patterns with Primary Dysmenorrhea in Adolescent Girls at Al-Azhar Private Junior High School Medan. Thesis. Nutrition Program. Faculty of Engineering. Medan State University. 2022*

The purpose of this study is to determine: (1) Characteristics of respondents. (2) Nutritional status in adolescent girls. (3) The pattern consumption of fast food in adolescent girls. (4) Primary dysmenorrhea in adolescent girls. (5) Relationship between nutritional status and primary dysmenorrhea in adolescent girls. (6) The relationship between fast food consumption patterns and primary dysmenorrhea in adolescent girls. (7) The relationship between nutritional status and consumption patterns of fast food with primary dysmenorrhea in adolescent girls. The research site is at Al-Azhar Private Junior High School Medan. The population in this study were all 90 girls of class IX. The sampling technique was total sampling, with a total of 90 young women. This study used a cross sectional design. Data collection techniques using questionnaires and descriptive data analysis techniques using Spearman rank correlation test and multiple linear regression test.

Based on the results of this study, the nutritional status of adolescent girls is included in the good nutrition category by 56.67 percent. The pattern of consumption of fast food (fast food) is included in the frequent category by 61.11 percent. Primary dysmenorrhea is included in the moderate pain category by 67.78 percent. The results of the Spearman rank correlation test analysis showed that there was a positive and significant relationship between nutritional status and primary dysmenorrhea in adolescent girls, meaning that the better the nutritional status of adolescent girls, the incidence of primary dysmenorrhea in adolescent girls would decrease (ρ=0.596). The results of the Spearman rank correlation test analysis showed that there was a positive and significant relationship between fast food consumption patterns and primary dysmenorrhea in young women, meaning that the more often they consume fast food, the incidence of primary dysmenorrhea in young women increases ($\rho = 0.615$). The results of multiple linear regression analysis showed that there was a positive and significant relationship between nutritional status and fast food consumption patterns with primary dysmenorrhea in adolescent girls ($Y = 3.708 + 0.665X1 + 0.010X2$), meaning the better the nutritional status and the lower the pattern. consumption of fast food, the lower the incidence of primary dysmenorrhea.