ABSTRAK

Pengaruh Obesitas Terhadap Siklus Menstruasi pada Wanita Usia Dewasa Muda
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Obesitas adalah penyakit kronis yang kompleks dan melibatkan banyak faktor, seperti faktor lingkungan (sosial dan budaya), genetik, fisiologis, metabolik, perilaku, dan psikologis. Kejadian obesitas telah meningkat pada tingkat yang mengkhawatirkan di seluruh dunia. Umur, indeks masa tubuh (BMI), pendidikan, rokok, alkohol, konsumsi kafein, dan aktivitas fisik, adalah faktor-faktor yang dianggap dapat mempengaruhi siklus menstruasi. Gangguan siklus menstruasi merupakan indikator penting yang menunjukkan adanya gangguan pada fungsi reproduksi yang dapat dihubungkan dengan berbagai penyakit seperti kanker rahim, kanker payudara, dan infertilitas. Penelitian ini bertujuan untuk mengetahui pengaruh obesitas terhadap siklus menstruasi.

Penelitian ini menggunakan metode observational analitik, dilakukan atas 100 orang wanita yang dibagi ke dalam 2 kelompok. Kelompok dengan BMI normal, dan kelompok dengan BMI obesitas, yang masing-masing kelompoknya berjumlah 50 orang. Pada kedua kelompok diberikan kuisiner. Analisis data menggunakan Chi-Square dan uji odds ratio.

Hasil penelitian ini menunjukkan kejadian gangguan siklus menstruasi lebih banyak terjadi pada kelompok dengan obesitas, dan tipe gangguan siklus menstruasi yang paling banyak didapatkan pada kelompok obes 1 adalah oligomenore, sedangkan pada kelompok obes 2 adalah amenore.

Pada Penelitian didapatkan bahwa obesitas mempengaruhi siklus menstruasi wanita dewasa muda usia 19-25 tahun.

Kata kunci : obesitas, siklus menstruasi, oligomenore, amenore.
ABSTRACT

The influence of obesity on the Menstrual Cycle in Young Adult

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Obesity is a complex chronic disease that involves many factors, such as environmental (social and cultural), genetic, physiologic, metabolic, behavioral, and psychological. Incidence of obesity has increased at an alarming rate throughout the world. Age, body mass index (BMI), education, smoking, alcohol, caffeine consumption, and physical activity, are factors that are considered to affect the menstrual cycle. Disorders of the menstrual cycle is an important indicator that shows a disturbance in the function of reproduction which can be associated with various diseases such as cervical cancer, breast cancer, and infertility.

This study aimed to determine the effect of obesity on the menstrual cycle. This study uses observational analytic method, performed on 100 women who were divided into 2 groups. Group with normal BMI, and BMI group with obesity, which each group numbered 50 people. In both groups were given questionnaires question. Data analytic using Chi-Square test and odds ratio.

The results of this study showed the incidence of menstrual cycle disorders are more common in the obese group. And the type of menstrual cycle disorders are the most widely found in the obese group 1 is oligomenorrhea, whereas in obese group 2 is amenorrhea.

Study found that obesity affects a woman's menstrual cycle of young adults aged 19-25 years.

Keywords: obesity, menstrual cycle, oligomenorrhea, amenorrhea
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