

# HUBUNGAN INDEKS MASSA TUBUH (IMT) DENGAN KEJADIAN DISMENOIRE PADA WANITA USIA SUBUR (WUS) DI PUSKESMAS GAMPING I

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## INTISARI

**Latar Belakang:** Sebelum atau selama waktu menstruasi, banyak wanita mengalami rasa sakit yang dikenal secara medis sebagai dismenore. Di Indonesia angka kejadian dismenore tercatat sebesar 107.673 jiwa (64,25%) yang terdiri dari 59.671 jiwa (54,89%) dismenore primer dan 9.496 jiwa (9,36%) dismenore sekunder. Dismenore kerap menjadi gejala klinis dari berbagai gangguan, termasuk *endometriosis*, *adenomiosis*, *mioma* pada *uterus*, penyakit radang panggul (PID), maupun kelainan reproduksi lain seperti infertilitas. Salah satu faktor yang berkontribusi terhadap kejadian dismenore adalah status gizi, yang dapat diukur melalui Indeks Massa Tubuh (IMT).

**Tujuan:** Penelitian ini bertujuan mengetahui hubungan IMT dengan kejadian dismenore pada WUS di Puskesmas Gamping I.

**Metode Penelitian:** Penelitian menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sampel berjumlah 51 responden WUS yang dipilih secara *accidental sampling* dengan kriteria inklusi tertentu. Data IMT diperoleh melalui pengukuran berat dan tinggi badan, sedangkan kejadian dismenore diukur menggunakan kuesioner *Numeric Rating Scale*. Analisis univariat menggunakan uji distribusi frekuensi, analisis bivariat dilakukan menggunakan uji *Spearman-rho*.

**Hasil:** Hasil uji *Spearman-rho* menunjukkan terdapat hubungan signifikan antara IMT dengan kejadian dismenore dengan nilai *p-value* = 0,000 dengan arah positif, artinya semakin tinggi atau rendah IMT di luar kategori normal, semakin berat tingkat dismenore.

**Kesimpulan:** Terdapat hubungan signifikan antara IMT dan kejadian dismenore pada WUS di Puskesmas Gamping I.

Kata kunci: Indeks Massa Tubuh, Kejadian Dismenore, Wanita Usia Subur

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# The Relationship Between Body Mass Index (BMI) and the Incidence of Dysmenorrhea Among Women of Reproductive Age (WRA) at Gamping I Primary Health Care Center

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## ABSTRACT

**Background:** Before or during menstruation, many women experience pain medically known as dysmenorrhea. In Indonesia, the prevalence of dysmenorrhea is recorded at 107,673 cases (64.25%), consisting of 59,671 cases (54.89%) of primary dysmenorrhea and 9,496 cases (9.36%) of secondary dysmenorrhea. Dysmenorrhea is often a clinical symptom of various disorders, including endometriosis, adenomyosis, uterine fibroids, pelvic inflammatory disease (PID), and other reproductive abnormalities such as infertility. One of the contributing factors to dysmenorrhea is nutritional status, which can be measured using the Body Mass Index (BMI).

**Objective:** This study aims to determine the relationship between BMI and the incidence of dysmenorrhea among women of reproductive age (WRA) at Gamping I Primary Health Care Center.

**Methods:** This research employed a quantitative design with a cross-sectional approach. The sample consisted of 51 WRA respondents selected using accidental sampling based on specific inclusion criteria. BMI data were obtained through body weight and height measurements, while dysmenorrhea incidence was assessed using the Numeric Rating Scale questionnaire. Univariate analysis used frequency distribution, and bivariate analysis was conducted using the Spearman-rho test.

**Results:** The Spearman-rho test results showed a significant relationship between BMI and dysmenorrhea incidence, with a p-value = 0.000 and a positive correlation direction, indicating that the further the BMI deviates from the normal category (either higher or lower), the more severe the dysmenorrhea experienced.

**Conclusion:** There is a significant relationship between BMI and the incidence of dysmenorrhea among WRA at Gamping I Primary Health Care Center.

Keywords: Body Mass Index, Dysmenorrhea, Women of Reproductive Age

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