

THE RELATIONSHIP BETWEEN THE BODY MASS INDEX (BMI) AND THE SPORT OF THE DYSMENORRHEA SCALE IN THE SANTRIWATI

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ABSTRACT

Background: Menstruation is the event of blood coming out of the vagina. Experience discomfort and pain during menstruation can be experienced in Santriwati called dysmenorrhea. Dysmenorrhea is divided into three degrees: mild, moderate, and severe pain. There is a close link between the reproductive hormone imbalance associated with body mass index (BMI), which is affected by the fatty components in the body against menstrual pain, and sport against increased blood flow that can help reduce menstrual pains. ***The objective of the research:*** is to find out if there is any connection between body mass index (BMI) and sports with the scale of dysmenorrhea in the Santriwati class 6 Gontor Princess Campus 2. ***Research method:*** cross-sectional, the data collection phase is carried out at a time point. It is then tested statistically to produce a correlation coefficient. The population is the entire Santriwati class 6 Gontor Princess Campus 2. The sampling technique used was simple random sampling, which obtained samples of 82 respondents. ***Results:*** Bivariate analysis using Spearman's rho non-parametric correlations obtained $p\text{-value } (0,002) < (\alpha)(0,05)$. ***Conclusion:*** There is a correlation between Body Mass Index (BMI) and Sport with the Dysmenorrhea scale at the 6th grade Gontor Princess Campus 2.

Keywords: Dysmenorrhea, Body Mass Index (BMI), sport