

ABSTRACT

Background : Menstruation is a sign of femininity in women with normal menstrual cycles and regularly indicates that women have good reproductive development and function. One of the factors that can affect the menstrual cycle is diet status which can be measured using body mass index. The purpose of this study was knowledge about the effect of nutritional status on menstrual cycle disorders in female students of medical education study program Faculty of Medicine and Health Sciences Unismuh Makassar Forces 2018-2020 became the target of this research. The purpose of this sentence is to determine the effect of nutritional status on menstrual cycle disorders. This research method uses a cross sectional approach based on analytical research. The number of respondents needed in this study was 159 using the slovin formula. As for matters related to the length of the menstrual cycle, respondent data was collected by: Filling out a questionnaire and measuring weight and height. Statistical analysis using chi-square test.

Keyword : nutritional status, menstrual cycle disorders, the influence of nutritional status on menstrual cycle disorders.

