

ABSTRACT

Rahma, Afifah Nifathur. 2024. *Description of Menstrual Length in E-Cigarette Users in Women of Childbearing Age in Malang City*. Skripsi Program Studi Sarjana Terapan Kebidanan. Politeknik Kesehatan Kemenkes Malang. Pembimbing Utama : Didien Ika Setyarini, SSiT., M.Keb. Pembimbing Pendamping: Suprapti, SST., M.Kes

The development of cigarettes from year to year increasingly varies, from conventional cigarettes to electronic cigarettes (e-cigarettes). The smoking trend now does not look at gender; women who smoke are no longer seen as taboo by society, especially in big cities. The level of nicotine content in electronic cigarettes which is still not regulated by BPOM allows nicotine levels to become uncontrolled. The nicotine content can affect the reproductive system and influence hormonal balance in women which is closely related to the length and menstrual cycle. This study aims to analyze the description of the duration of menstruation in e-cigarette users in women of childbearing age. This type of research is a quantitative descriptive research design with a cross sectional approach. The population was 50 respondents who were members of the e-cigarette user community in Malang City using a purposive sampling technique with a total sample of 49 respondents who met the inclusion criteria. Data collection was carried out using a questionnaire sheet. The method used uses a questionnaire method. The results of the study showed that the majority of respondents' use of e-cigarettes was at a heavy level with a frequency of use between 12-20 drips/day. And an assessment of the length of menstruation when using e-cigarettes among respondents found that almost all respondents had normal menstrual length (3-8 days) and a small percentage of respondents had abnormal menstrual length (<3 days or >8 days). With the results of the study, in this study, only menstrual records were recorded by interviewing and filling out a questionnaire at one time, not by observing every month, therefore, in further research, it is expected that there will be a wider population and monthly monitoring related to menstrual date records or by considering other variables that can have an impact on the length of menstruation on the use of electronic cigarettes.

Keywords: Cigarettes, Electronic Cigarettes, Menstruation, Nicotine

