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THE RELATIONSHIP OF SLEEP QUALITY, STRESS, AND PHYSICAL ACTIVITY WITH THE OCCURRENCE OF PRIMARY DYSMENORRHEA IN ADOLESCENT GIRLS	
ABSTRACT <i>Dysmenorrhea is a menstrual disorder characterized by pain in the pelvic area caused by menstruation and the production of prostaglandins, where play a role in the release of menstrual blood. Based on a preliminary study conducted on December 14 th, 2024, at SMPN 02 Robatal, the number of adolescents girls was 10, among them 6 girls (60%) experienced dysmenorrhea. The aim of this research is to analyze the relationship of sleep quality, stress, and physical activity with the incidence of primary dysmenorrhea in adolescents girls.</i> <i>The research design used analytical methods with a Cross Sectional approach. The independent variables were sleep quality, stress, and physical activity, while the dependent variable was dysmenorrhea. The population used included all absentee data from 2nd and 3rd grade, totaling 68 respondents. The sample size taken was 58 data from 2nd and 3rd grade girls students. The sampling technique used Simple Random Sampling, with the research location at SMPN 02 Robatal Sampang in July 2025. The instruments used in this study included PSQI, DASS 21, IPAQ-SF, and Spearman rank statistical tests..</i> <i>The results showed that most of the sleep quality was poor (56.9%), nearly half experienced severe stress (43%), most had physical activity (51.8%), and almost half experienced moderate dysmenorrhea (48.3%). There was a significant relationship of sleep quality and the incidence of primary dysmenorrhea ($p = 0.028$). There was a significant relationship of stress and the incidence of primary dysmenorrhea ($p = 0.032$). There was no significant relationship of physical activity and the incidence of primary dysmenorrhea ($p = 0.534$).</i> <i>Efforts in the prevention of primary dysmenorrhea were maintaining sleep quality such as not staying up late, managing stress such as relaxation therapy and doing preferred physical activities regularly to prevent primary dysmenorrhea.</i> Keywords: Sleep Quality, Stress, Physical Activity, Dysmenorrhea	