

ABSTRACT

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THE RELATIONSHIP OF BODY MASSA INDEX (BMI) AND STRESS LEVELS WITH DYSMENORRHEA PAIN LEVEL (Study of Adolescent Girls at Darul Cholil Burneh Bangkalan Boarding School)	
ABSTRACT <i>Dysmenorrhea is a complaint of menstrual pain that occurs before or during menstruation, with pain intensity that generally occurs in the first 48 hours of menstruation. Based on preliminary studies conducted on January 9, 2025 at Darul Cholil Burneh Bangkalan Boarding School showed that of the 15 adolescent girl students, 13 people (87%) experienced dysmenorrhea while the other 2 (13%) did not experience dysmenorrhea, 6 of the 13 adolescent girl students experienced dysmenorrhea pain that interfered with daily activities. The purpose of study is to determine the relationship between Body Mass Index (BMI) and stress levels with the incidence of primary dysmenorrhea in adolescent girls at the Darul Cholil Islamic Boarding School in Burneh Bangkalan.</i> <i>This research design used quantitative methods with a cross-sectional approach. The sample in this study amounted to 47 adolescent girls who were taken with simple random sampling technique. The instruments used were weight and height measuring instruments to calculate BMI, DASS 42 questionnaire to assess stress levels, and Numeric Rating Scale (NRS) to measure the level of menstrual pain. Data analysis was performed using the Spearman Rank test.</i> <i>The results showed that most of the adolescent girls had normal BMI (53.3%), and almost half of the adolescent girls had severe stress levels (31.9%), and most of the adolescent girls had moderate dysmenorrhea pain levels (53.2%). There is no relationship between BMI and the incidence of dysmenorrhea ($p>0.05$), but there is a significant relationship between stress levels and the incidence of dysmenorrhea ($p<0.05$), meaning that there is a relationship between stress levels and the incidence of primary dysmenorrhea in adolescent girls at Darul Cholil Burneh Bangkalan Boarding School.</i> <i>It is hoped that the results of this study can be a source of information for adolescent girls in maintaining a balanced nutritional status and managing stress, and can be a reference for health workers in providing education against dysmenorrhea.</i>	
Keywords: Body Mass Index (BMI), Stress Level, Primary Dysmenorrhea	