

ABSTRACT

MAR'ATUS SHOLEHA NIM 21153010015 Midwifery study program	Advisor Prof.Dr.Bdn.Zakkiyatus Zainiyah, M. Keb NIDN: 0704127802
THE RELATIONSHIP OF PHYSICAL ACTIVITY AND DIET WITH THE MENSTRUAL CYCLE IN ADOLESCENT GIRLS	
ABSTRACT <i>The menstrual cycle is the interval between the start of one menstrual period and the start of the next. A normal or classic menstrual cycle is considered to be 28 days long. However, only about 10–15% of women actually have a 28-day cycle. A preliminary study conducted at MA Sayyid Ali found that 50% of female adolescents experienced irregular menstrual cycles. The purpose of this study is to analyze the relationship between physical activity and dietary patterns with the menstrual cycle among female adolescents at MA Sayyid Ali Geger.</i> <i>This study used an analytic research design with a cross-sectional approach. The independent variables were physical activity and diet, while the dependent variable was the menstrual cycle. The population consisted of 50 female students, with a sample of 45 selected students. The research was conducted at MA Sayyid Ali Geger in July 2025. The sampling technique used was simple random sampling, and the instrument used was a questionnaire. Data were analyzed using the Spearman Rank statistical test.</i> <i>Based on the research results, all students with a moderate level of physical activity had irregular menstrual cycles. The Spearman Rank statistical test showed a significance value (2-tailed) of 0.002, which means that ($p < 0.05$), indicating that there was a relationship between physical activity patterns and the menstrual cycle. The Spearman Rank statistical test also showed a significance value (2-tailed) of 0.043, which means that ($p < 0.05$), indicating that there was a relationship between diet and the menstrual cycle.</i> <i>Women of reproductive age are encouraged to maintain balanced physical activity and adopt a nutritious, well-balanced diet to help support regular menstrual cycles. The health professionals can provide regular education on the importance of regular exercise, adequate nutritional intake, and menstrual cycle monitoring.</i>	
Keywords: Physical Activity, Diet, Menstrual Cycle, AdolescentGirls	