

ABSTRACT

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THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND EATING PATTERNS WITH PREMENSTRUAL SYNDROME IN ADOLESCENTS AT KHIDAYATUL Kholil JUNIOR HIGH SCHOOL	
ABSTRACT Premenstrual syndrome is a physical, psychological, and behavioral symptom that occurs between the end of the luteal phase in the menstrual cycle and ends when menstruation comes and can last until menstruation stops. Preliminary studies at Khidayatul Kholil Junior High School from 10 students there were 7 students experiencing mild PMS with a score category of 21-30 and 3 people experienced moderate PMS, with a score of 31-40. The purpose of the study was to identify the relationship between physical activity and diet with the incidence of premenstrual syndrome in adolescents at Khidayatul Kholil Junior High School in Burneh Bangkalan. The research design used Cross Sectional analytic. The study population was 40 adolescent girls and the study sample was 37 adolescent girls who had menstruated selected by simple random sampling technique. Independent variable diet and physical activity, dependent variable premenstrual syndrome. The research instrument used a questionnaire. Analysis using the Likelihood Ratio statistical test. Ethical test by KEPK team of Noor Huda Mustofa University No.2630/KEPK/UNIV-NHM/EC/IV/2025. The results of the study almost all adolescents have unhealthy dietary habits, almost half of adolescents do light activities, and some adolescents experience severe PMS. The results of statistical tests show that diet has a p value of $0.000 < \alpha 0.05$, which means there is a relationship between premenstrual syndrome in adolescents. Meanwhile, the physical activity variable shows a p value of $0.000 < \alpha 0.05$ which means there is a relationship between physical activity and premenstrual syndrome. There is a significant relationship between diet and physical activity with the incidence of premenstrual syndrome in adolescents. Preventive efforts provided such as educational counseling to reduce premenstrual syndrome symptoms. There is a significant relationship between diet and physical activity with the incidence of premenstrual syndrome in adolescents. Preventive efforts provided such as educational counseling to reduce premenstrual syndrome symptoms. Keywords: Premenstrual Syndrome, Diet, Physical Activity, Adolescents, Menstruation.	