

**Relationship Between Sleep Quality, Psysical Activity, and Nutritional Status
With The Incidence of Premenstrual Syndrome in Female Adolescents at
Ambulu State Senior High School**

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ABSTRACT

Premenstrual syndrome is a collection of complaints that are generally experienced by women of reproductive age where psychological, emotional, physical symptoms occur, and are felt before the arrival of the menstrual cycle 7-10 days, until it stops when menstruation comes. Based on the results of a preliminary study conducted at Ambulu State High School with a total of 35 female respondents, it was found that 21 female adolescents (60%). The study aims to determine the relationship between sleep quality, physical activity, and nutritional status on the incidence of premenstrual syndrome in female adolescents at Ambulu State Senior High School. The research method uses an analytic observational method with a cross sectional approach. The sample size used was 90 female students and the sample was taken using stratified random sampling technique. The results of the data analysis of the spearman rho correlation test showed that there was a significant relationship between sleep quality and the incidence of premenstrual syndrome with a p value of 0,000 ($p < 0,05$). There is a significant relationship between physical activity and the incidence of premenstrual syndrome with a p value of 0,001 ($p < 0,05$). There is a significant relationship between nutritional status and the incidence of premenstrual syndrome with a p value of 0,006 ($p < 0,05$). The conclusion of this study is that there is a relationship between sleep quality, physical activity, and nutritional status with the incidence of premenstrual syndrome in young adolescents Ambulu State High School.

Keyword : Sleep Quality, Physical Activity, Nutritional Status, Premenstrual Syndrome