

ABSTRACT

Dysmenorrhea is a disorder that occurs during menstruation in the form of pain. Dysmenorrhea can be influenced by physical activity, unstable psychological conditions and some characteristic conditions experienced by a person during menstruation. Dysmenorrhea can be classified into two, namely primary dysmenorrhea and secondary dysmenorrhea. (Primary dysmenorrhea is a condition where increased uterine activity is caused by increased production of the hormone prostaglandin and secondary dysmenorrhea is a pathological condition identified in the uterus, ovaries or in the pelvic pentoneum). The purpose of this study is to determine the correlation between zinc intake and physical activity with the incidence of dysmenorrhea in clinical nutrition students at the Jember State Polytechnic. The research design used is a type of quantitative research with the Cross Sectional method. The sample in this study amounted to 54 people who were selected using sampling purposive technique. This research is conducted for 2 months online via social media whatsapp. The results of the analysis test with Chi Square showed that there is a correlation between zinc intake and the incidence of dysmenorrhea with a p value of 0.042 ($p < 0.005$). And there is no correlation between physical activity and the incidence of dysmenorrhea with p value 0.519 ($p < 0.005$). The conclusion of this study is that there is a relationship between zinc intake and the incidence of dysmenorrhea and there is no relationship between physical activity and the incidence of dysmenorrhea in clinical nutrition students at the Jember State Polytechnic. From the results of this study, it is suggested to the subject to seek information through research results about the benefits of zinc as a menstrual pain reliever.

Keywords: *Zinc*, Physical Activity, *Dysmenorrhea*