

ABSTRACT

Fernanda, Merliana Sonia, 2024. The relationship between physical activity levels and stress levels and the incidence of premenstrual syndrome in female students at MA Muhammadiyah 1 Malang. Thesis, D-IV Midwifery Study Program Malang, Health Polytechnic Ministry of Health Malang. Main Supervisor: Jupriyono, S.Kp., M.Kes. Assistant Supervisor: Asworingrum Y, M.Keb.

Menstruation is a natural part of the female reproductive cycle, where bleeding from the uterus through the vagina is a sign that a woman is experiencing puberty. During the menstrual cycle, most women will experience changes in the form of symptoms or problems, one of which is Premenstrual Syndrome. The aim of this research is to determine the relationship between physical activity levels and stress levels with the incidence of Premenstrual Syndrome in female students at MA Muhammadiyah 1 Malang. This research uses a Correlation Analytical design with a cross sectional approach. The population in this study was 55 respondents, with a sample of 48 respondents, using a simple random sampling method. Data collection in this study used questionnaires from IMRO'ATUL 2018, consisting of the IPAQ, DASS, SPAF questionnaires with a sig.r value for the question indicator of less than 0.05 with a Cronbach's alpha reliability value of >0.6. Based on statistical tests using the Spearman rank test, it was found ($p < 0.05$ with a value of $r = 0.520$), which means there is a significant relationship between the level of physical activity and premenstrual syndrome, this shows that high physical activity can reduce the severity of premenstrual syndrome symptoms. And there is a significant relationship between stress levels and premenstrual syndrome ($p < 0.05$ and $r = 0.736$). This shows that increasing stress levels can cause higher levels of premenstrual syndrome symptoms. It is recommended to regulate physical activity patterns and control stress levels to avoid more severe premenstrual syndrome symptoms.

Keywords: physical activity, stress, premenstrual syndrome