# THE RELATIONSHIP BETWEEN ADOLESCENT GIRLS' KNOWLEDGE AND ATTITUDES REGARDING *POLYCYSTIC OVARY SYNDROME* (PCOS) AND HEALTHY LIFESTYLE PRACTICES FOR PCOS PREVENTION AT SMAS DIPONEGORO TUMPANG, MALANG

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## ABSTRACT

*Polycystic Ovary Syndrome* (PCOS) can manifest as early as adolescence however, prevention efforts face obstacles such as limited knowledge and attitudes regarding PCOS, as well as suboptimal adoption of healthy lifestyles. A preliminary study at SMAS Diponegoro Tumpang revealed that 32 female students (23.0%) were overweight, while interviews indicated irregular dietary and sleep patterns alongside low levels of physical activity. These conditions highlight the need to examine the relationship between knowledge and attitudes regarding PCOS and healthy lifestyle practices as a preventive measure among adolescent girls. This study aimed to determine the relationship between adolescent girls' knowledge and attitudes regarding PCOS and healthy lifestyle practices for PCOS prevention at SMAS Diponegoro Tumpang, Malang. A correlational design with a cross-sectional approach was employed. The sample consisted of 58 respondents selected via simple random sampling; inclusion criteria were applied, and a random picker application was used for final selection. The independent variables were the girls' knowledge and attitudes regarding PCOS, while the dependent variable was a healthy lifestyle for PCOS prevention. Univariate analysis was used to describe respondent characteristics and variable distributions. Bivariate analysis using the Spearman rank test was conducted to examine the relationships between knowledge and lifestyle, and between attitudes and lifestyle. The Spearman rank test results showed a p-value of 0.020 and a correlation coefficient ($r_s$) of 0.305 for the relationship between PCOS knowledge and a healthy lifestyle. Regarding attitudes and a healthy lifestyle, the results showed a p-value $< 0.001$ and a correlation coefficient ($r_s$) of 0.518. In conclusion, there is a relationship between adolescent girls' knowledge and attitudes regarding PCOS and healthy lifestyle practices for PCOS prevention. Future research could expand upon this study by involving a larger, more diverse sample and examining other factors potentially associated with healthy lifestyles for PCOS prevention.

**Keywords**: Polycystic Ovary Syndrome (PCOS), PCOS knowledge, attitudes toward PCOS, healthy lifestyle