

ABSTRACT

Background and purpose - Primary dysmenorrhea is one of the common problems experienced by most of adolescent girls, especially in late teenagers. The primary type of dysmenorrhea is not because of pathology of woman's sex organs. Meanwhile, it has many factors that can cause primary dysmenorrhea, including physical activity's level. This study was conducted to determine whether there is correlations between level of physical activity with primary dysmenorrhea.

Methods – A cross-sectional study was conducted among female student in third year at Al-Hikmah Senior High School (SMA), Surabaya, Indonesia. The validated Baecke Physical Activity Questionnaire (1982) with *Alpha Cronbach* > 0,60 and primary dysmenorrhea questionnaire were distributed to 94 students using total sampling method. This study was an analytic study design with fisher's exact test for data analysis.

Results – Based on questionnaire that was distributed, the overall prevalence of primary dysmenorrhea among third grade of Al-Hikmah Senior High School was 90,4%. In the other hand, the largest physical activity's level among female students was at modarate activity, then followed by high activity, and the the least category was less activity. The result of bivariate analysis showed that there was no significant association between physical activity with primary dysmenorrhea. ($p=0,451$)

Conclusion – There is no correlation between physical activity's level with primary dysmenorrhea.

Keywords – primary dysmenorrhea, female students, physical activity