

## ABSTRACT

Premenstrual Syndrome (PMS) is a group of physical symptoms, psychological, and emotions associated with a woman's menstrual cycle. Premenstrual syndrome is one of disorder which emerge approach menstruation. It is a problem for the student because it causes a decrease in the concentrations studied. Factors that increase the risk of premenstrual syndrome are women who have birth, marital status, age, stress, diet, eating and drinking habits, and physical activity. The purpose of this study was to analyze the influence of age, marital status, history of childbirth, stress, eating and drinking habits, and physical activity factors that affect the occurrence of PMS.

The research was conducted with cross-sectional design using a quantitative approach. Interviews were conducted in 49 women of childbearing age. Subjects drawn from the population by simple random sampling. Depth interviews were conducted to obtain more detailed information about the variables studied. The independent variables were age, marital status, history of childbirth, stress levels, eating and drinking habits, physical activity.

Prevalence of premenstrual syndrome in women of childbearing age in the Class Type Rather School of Public Health, Airlangga University – Surabaya is 46.9%. Results of multiple logistic regression showed that the factors that eating and drinking habits ( $p = 0.026$ ; OR =5,228) and physical activity ( $p = 0.007$ ; OR = 10,810). The third variable has a p-value smaller than the significant value = 0.05.

The conclusion are women of childbearing age who are experiencing habit of consuming certain foods and drinks and less physical activity have a higher risk of experiencing PMS.

**Keywords:** risk factor, premenstrual syndrome