

ABSTRACT**RELATIONSHIP OF DIETARY PATTERN WITH PRE MENSTRUAL SYNDROME ON BACHELOR OF MIDWIFERY STUDENT AT AIRLANGGA UNIVERSITY****FENNY ALVIONITA**

Pre Menstrual Syndrome (PMS) is a common of physical, emotional, and behavior symptoms that occurs in women reproduction, which appears in a cyclic over a period of 7-10 days before menstruation and disappears after the menstrual blood out that occurs at a level which capable of affecting lifestyle and activities. Until now the cause of PMS is still unknown, but there are several factors that can affect PMS, one of them is lifestyle, it's dietary patterns regulation.

It was an observational analytic study with cross sectional approach. The population were 183 female students of the 6th and 8th semester in Bachelor of Midwifery Program at Airlangga University in 2016 who were observed in the inclusion and exclusion criteria with total sampling technique. The independent variable was dietary patterns and the dependent variable was the incidence of Pre Menstrual Syndrome. The instrument used validated questionnaire for variable Dietary Patterns and DSM IV TR (Diagnosic and Statistical Manual of Mental Disorder-Fourth Edition-Text Revision) questionnaires for variable Pre Menstrual Syndrome.

The result showed that the respondents who lived with unhealthy dietary patterns mostly experienced the mild Pre Menstrual Syndrome with a number of 86 respondents (47%). Data were analyzed by Chi-square test ($\alpha=0.05$, $p=0.003$, $p<\alpha$) so, H_0 was rejected, it means that there was a relationship between dietary patterns with Pre Menstrual Syndrome. The OR value was 4.465, which means the students who lived with unhealthy dietary patterns 4.4 times more at risk than students who didn't.

Overall, there is a relationship of dietary patterns with Pre Menstrual Syndrome on Bachelor of Midwifery Student at Airlangga University. It is important to keep the dietary pattern to prevent and increasing the Pre Menstrual Syndrome.

Keywords : Dietary Patterns, Pre Menstrual Syndrome, Midwifery Student