

ABSTRACT

Primary dysmenorrhea is menstrual pain that arises from the first day of menstruation and will often disappear with time. Dysmenorrhea pain can be treated with non-pharmacological therapy likes sports (Harry, 2007). Women who do regular exercise at least 30-60 minutes with a frequency of 35 times a week can increase the secretion of hormones endorphin into the bloodstream so it can reduce pain during dysmenorrhea (Mutohir, 2005).

This cross sectional study was carried out on 101 adolescent girls in the Faculty of Sport Sciences, State University of Surabaya. With total sampling method and also the inclusion and exclusion criteria, obtained a sample of 75 respondents, where 26 other were excluded from the inclusion criteria because they do not experience dysmenorrhea. The independent variables studied were sports, and the dependent variable is the level of primary dysmenorrhea. They were recorded and analyzed using SPSS version 23 with Chi-square test.

All respondents (75 adolescent girls) experienced dysmenorrhea, 80% of adolescent girls in the Faculty of Sport Sciences, State University of Surabaya experienced mild primary dysmenorrhea. From bivariate analysis, showed that the absence significant factors were the frequency of exercise and the level of primary dysmenorrhea ($p = 1.000$), type of sport and the level of primary dysmenorrhea ($p = 0.745$), intensity of exercise and the level of primary dysmenorrhea ($p = 0.832$), time of exercise and the level of primary dysmenorrhea ($p = 0.836$).

The conclusion from this study is there is no significant relationship between sport at the level of primary dysmenorrhea in adolescent girls in the Faculty of Sport Sciences, State University of Surabaya.

Keywords: sports, dysmenorrhea, adolescent girls.