

## ABSTRACT

**Background:** Pre Menstrual Syndrome or commonly called PMS is a collection of physical symptoms, psychological, and emotions associated with a woman's menstrual cycle. About 40% of women at the age of 14-50 years have PMS. Pre Menstrual Syndrome The cause is uncertain, but there are several factors that can affect Pre Menstrual Syndrome one of them is physical activity.

**Objective:** The purpose of this study was to determine the relationship of physical activity with Pre Menstrual Syndrome in young women class X and XI SMA Negeri 14 Surabaya.

**Method:** Study is a cross-sectional analytical design. Sampling was done by using total sampling. The number of samples in this study were 142 respondents.

**Result:** The results showed that the respondents who have a physical activity with the classification being largely found to be experiencing Pre Menstrual Syndrome with lightweight category of 50 respondents (62.5%). After statistical test with  $\alpha = 0.05$ , obtained significant value of  $p = 0.003$ , for  $p < \alpha$  ( $0.003 < 0.05$ ), then  $H_0$  accepted, which means there is a relationship of physical activity with Pre Menstrual Syndrome.

**Conclusion:** The conclusion of this study is the presence of the relationship between physical activity with Pre Menstrual Syndrome. When the activity is higher, it can relieve the symptoms of pre menstrual syndrome that occurs in adolescent girl.

Keywords: physical activity, pre-menstrual syndrome, adolescent