

**ABSTRACT**

Definite etiology of Premenstrual Syndrome is unknown, past research suggested the abnormal function of Hypothalamic-pituitary-adrenal(HPA) which leads to defect in adrenal hormone secretion as the main factor for Premenstrual Syndrome. A high level of cortisol was found as the effect of a bad sleep quality. Therefore we conducted a study to determine the relationship between Premenstrual Syndrome with sleep quality.

Used a cross sectional design with 92 respondents obtained by total sampling techniques. The instrument used questionnaires of PSST-A and PSQI. The result was analyzed in univariate (frequency distribution table), bivariate (Chi-Square), and Coefficient contingency to analyze the strengthness of correlation. The independent variable in this study was the sleep quality index, and the dependent variable was premenstrual syndrome occurrence.

The result of this study was 52,2% respondents experience moderate-severe PMS which 89,6% of its shown bad sleep quality criteria. Chi-square data analysis result between those two variables shown a significance value ( $p = 0,009 \times 10^{-8}$ ) and contingency coefficient of = 0,572.

In conclusion, this study shown there is a medium-strength significant correlation between sleep quality with Premenstrual Syndrome occurrence in adolescents Midwifery college students of Airlangga University.

Keywords : Premenstrual Syndrome, Sleep Quality