

ABSTRACT

Many women feel the physical changes and feelings just before the occurrence of menstruation. In some women the symptoms of PMS show a significant disruption in affecting their quality of life because it can lead to negative behavior and interfere their activity. This study aimed to analyze the association between nutritional status and habitual milk consumption and its derivatives with premenstrual syndrome (PMS) in midwifery students age 17-21 years old at Department of Midwifery, Airlangga University.

This research method was analytical research with cross sectional study design. The population were 145 students taken by total sampling. This study used DSM-IV TR questionnaire, food frequency questionnaire (FFQ), and measurement of body weight and height. Chi Square test were used to examine the relationship between variables. Data were analyzed, using SPSS version 23.

The research result showed 74.2% respondents with normal nutritional status experience premenstrual syndrome (PMS) and there was no association between nutritional status with PMS ($p = 0.403$). While 72.5% of respondents who lack the consumption of milk and its derivatives products was experience premenstrual syndrome (PMS) and there was no association between habitual milk consumption with PMS ($p = 0.103$).

It was concluded that there was no association between nutritional status and habitual milk consumption and its derivatives to premenstrual syndrome (PMS).

