

ABSTRACT

Background: *Premenstrual syndrome is a common cause of physic, psychologic, and behaviour changed which is happen before menstruation period. One of premenstrual syndome factors is nutritional status. This study was to determine relation ship between nutritional status with premenstrual syndrome in SMP Negeri 45 Surabaya.* **Method:** *This cross sectional study applied in 132 students at SMP Negeri 45 Surabaya taken by total sampling. The population on this research was all student in 8 grade. Dependent variable was premenstrual syndrome and independent variable was nutritional status with data scala ordinal and nominal. This study used SPAF questionnaire, meassurement of body weight and height. The analyze correlation between independent and dependent variables used Chi-Square test.* **Result:** *The research showed that 71,3% respondents with normal nutritional status-premenstrual syndrome, with p value <0,05 (0,493)* **Conclusion:** *These data show that nutritional status have no relation with premenstrual syndrome (PMS).*

Keywords: *premenstrual syndrome, nutritional status, teenagers*