ABSTRACT

YOSEPHINE RENNY F. Analysis of Factors Influencing Pre Menstrual Syndrom among Police Woman (Polwan) at Police Resort Cimahi. Supervised by IKEU EKAYANTI and MUHAMMAD RIZAL MARTUA DAMANIK.

General purpose of this research is to analyze the factors influencing pre-menstrual syndrom among police woman (Polwan) at Polres Cimahi. The research uses a Cross-sectional Study design with observational methods. Research carried out at Polres Cimahi. Data collection is performed in July 2011-August 2011. The total of 54 police women is participated in this study. Primary data include the characteristics of the sample, the knowledge of nutrition, physical activity, the consumption of animal food, vegetable and fruit and complaints when the pre menstrual syndrome. Secondary Data include an overview Polres Cimahi.

Statistical analysis using spearman correlation test shows that there is a negatif correlation p<0.05 between physical activity with premenstrual sindrome. On the other hand, there is a correlation between food consumption (vegetable and animal food sources) with complaints of pre menstruasl sindrome. Futher analysis using multiple linear regression test shows that there are only two factors influence the occurrence of pre menstrual sindrome; consumption of vegetable and physical activity.

Keyword: pre menstruasl syndrome, physical activity, consumption vegetable