

**THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY  
AND MENSTRUAL CYCLE IN ADOLESCENTS  
IN SMP NEGERI 3 KARANGANYAR**

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**ABSTRACT**

**Background:** Menstruation occurs due to hormonal changes and damage uterine wall that not fertilized by sperm cells. Irregular menstrual cycles are one of the highest health problems of 23.5% data in SMP Negeri 3 Karanganyar. During menarche, adolescent girls experience irregular menstrual cycles. This problem has impact on infertility. However, level heavy physical activity also factor causing changes the menstrual cycle in adolescents, one which is lack phytoestrogen intake, efforts to overcome this exercising regularly, healthy lifestyle. **Objective:** To determine the relationship between physical activity and the menstrual cycle adolescents in SMP Negeri 3 Karanganyar. **Methods:** Quantitative research type a correlational approach. Population adolescent girls of SMP Negeri 3 Karanganyar totaling 460 students, Accidental sampling technique obtained 82 respondents. The instrument used questionnaire. Analysis using bivariate test using the Chi-Square test. **Results:** showed majority of adolescents at SMP Negeri 3 Karanganyar heavy physical activity with an abnormal menstrual cycle 30 people 70.5%. The results analysis between physical activity and menstrual cycle adolescents at SMP Negeri 3 Karanganyar ( $p$  value  $0.017 < \alpha 0.05$ ). **Conclusion:** There a relationship between physical activity and menstrual cycle in adolescents at SMP Negeri 3 Karanganyar.

**Keywords:** Physical Activity, Adolescents, Menstrual Cycle.