

## ABSTRAK

Dismenorea primer adalah gangguan nyeri haid yang umum dialami wanita, termasuk mahasiswi, yang dapat memengaruhi produktivitas dan kualitas hidup. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional* yang melibatkan 40 mahasiswi berusia 19–25 tahun. Aktivitas fisik diukur menggunakan kuesioner *International Physical Activity Questionnaire-Short Form* (IPAQ-SF). Penelitian ini bertujuan untuk menganalisis hubungan antara aktivitas fisik dengan intensitas nyeri dismenorea primer pada mahasiswi Program Studi Fisioterapi Universitas Dhyana Pura, Bali. Hasil analisis menunjukkan adanya korelasi negatif yang signifikan antara aktivitas fisik dan intensitas nyeri dismenorea ( $r = -0,478$ ,  $p = 0,002$ ), yang berarti semakin tinggi tingkat aktivitas fisik, semakin rendah intensitas nyeri yang dialami. Temuan ini menegaskan pentingnya peningkatan aktivitas fisik sebagai strategi pencegahan dan penanganan non-farmakologis untuk mengurangi nyeri dismenorea pada mahasiswi, serta mendukung pengelolaan kualitas hidup selama menstruasi.

**Kata Kunci:** Aktivitas Fisik, Dismenorea Primer, Mahasiswi, Intensitas Nyeri

## ABSTRACT

*Primary dysmenorrhea is a common menstrual pain disorder experienced by women, including female students, which can affect productivity and quality of life. This study uses a quantitative design with a cross-sectional approach, involving 40 female students aged 19–25 years. Physical activity was measured using the International Physical Activity Questionnaire-Short Form (IPAQ-SF). This study aims to analyze the relationship between physical activity and the intensity of primary dysmenorrhea pain in female students of the Physiotherapy Study Program at Dhyana Pura University, Bali. The analysis results show a significant negative correlation between physical activity and dysmenorrhea pain intensity ( $r = -0.478$ ,  $p = 0.002$ ), which means that the higher the level of physical activity, the lower the pain intensity experienced. These findings confirm the importance of increased physical activity as a non-pharmacological prevention and management strategy to reduce dysmenorrhea pain in female students and support the management of quality of life during menstruation.*

**Keywords:** *Physical Activity, Primary Dysmenorrhea, Female Students, Pain Intensity*