ABSTRACT

Rukmana, Novilianti Indra. 2016. **The correlation between emotional intelligence and the degree of pre menstrual syndrome in female adolescent at Vocational High School 2 Malang.**Final Assigment. Bachelor of Midwifery Faculty of Medicine, Brawijaya University. Supervisor: (1) dr. Aris Widayati, Sp. S (2) Lilik Indahwati, S.ST, M. Keb

Pre Menstrual Syndrome is a group of symptoms associated with the menstrual cycle and occurs 7-14 days before menstruation. The examples of PMS symptoms are tenderness and swelling in the breast, loss of spirit, irritability, back pain, and weight gain. pms incident rate is quite high, almost 75% of women in the worldwide who at reproductive age have pms. In Indonesia the number of events around 70-90%, high pms problems in female adolescent will give an impact on productivity in performing everyday activities. PMS cause is certainly unknown, but it may be possible relate to hormonal factors, neurotransmitters, genetic, psychological, and lifestyle. Psychological factors in this case may be related to emotional problems, hormonal factors associated with imbalance of estrogen and progesterone in the luteal phase and neurotransmitter factors(serotonin and endorphins) also affect the occurrence of pms, with good emotional intelligence, people can control and manage emotions well then increase serotonins and endorphins production in the body so that the degree of their pms will become lighter.

The purpose of this study was to determine the correlation between emotional intelligence and the degree of pre menstrual syndrome in female adolescent at Vocational High School 2 Malang. This research design was assessed through analytical descriptive with *cross sectional*approach and was analyzed using *spearman correlation test.* This research was conducted in August to September 2016. Samples of this research was selected using simple random sampling technique with a total sample of 205 adolescent girls. The independent variable is the level of emotional intelligence and the dependent variable is the degree of PMS were measured by a questionnaire. In this study, p = 0.000 (<0.05) and the correlation value -0433 it means that the higher of a person's emotional intelligence, the degree of her PMS will become lighter. The conclusion of this research that there is a meaningful relationship between the level of emotional intelligence with the degree of PMS in female adolescent at Vocational High School 2 Malang.

Keywords: emotional intelligence, degree of pre menstrual syndrome