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Correlation between Nutritional Status and Physical Fitness on Dysmenorrhea of Vocational High School Students

The purpose of this study was to determine the relationship between nutritional status and dysmenorrhea in female students attending the Free Methodist Vocational School in Medan, North Sumatra; to determine the relationship between exercise and dysmenorrhea in female students attending the Free Methodist Vocational School in Medan; and to determine the relationship between nutritional status and exercise with dysmenorrhea in female students attending the Free Methodist Vocational School in Medan. The sample taken in this study was 20 female students. The study was conducted in Medan Helvetia, Medan City, North Sumatra. To conduct this sampling, questionnaires were distributed, body mass index (BMI) was calculated, and the participants' height and weight were measured. The conclusion of the findings: There is a relationship between a person's dietary health and the risk of developing dysmenorrhea. r hitung equals 0.651, and t abel equals 0.4438. There is a relationship between exercising regularly and not experiencing dysmenorrhea. r count is 0.573, while the table value is 0.4438. If f count $>$ f table $>$ 3.88, then H_0 is rejected and H_a is accepted, which indicates that there is a strong relationship between X_1 and X_2 together to Y . Based on the hypothesis that has been explained above, it can be concluded that there is a significant relationship between the independent factor and the dependent variable.

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