

Forecast Premenstrual Syndrome Through Perceived Social Support and Quality of Life in Female High School Students

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Abstract Premenstrual syndrome as one of the most common problems in girls' maturity age encompasses physical, mental and behavioral changes with different intensity which occurs during the Luteal phase menstruation cycle and disappears with the beginning or a little after bleeding. These changes cause disorder in students' daily performance, personal and social relationships, and a decline in their educational performance. Extensive evidence shows that perceived social support and quality of life are effective on the intensity of these changes. For this reason, the present study has been conducted to deal with a survey on the prediction of premenstrual syndrome through perceived social support and quality of life in high school female students. The fundamental design for the present study is descriptive and correlational. The population consists of all female high school students in Manjil Town during the educational year of 1394-1395 that were chosen by simple random sampling method totaling 215 subjects who answered the questionnaires regarding premenstrual symptomatic syndrome (PMSS) and Multiphasic perceived social support (MSPSS) and World Health Organization Quality of life (WHOQOL26). To analyze the research data the parametric statistical tests of Pearson correlational coefficient and stepwise regression were used. The results showed that there is a significant and negative relationship between the dimension of family and important people ($r=0/20, p$

Keywords : Key Words: Premenstrual syndrome, Perceived Social Support, Quality of Life

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