Evaluate the relationship between primary dysmenorrhea pain, mood and physical fitness factors in female athletes

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Abstract The aim of this study was to evaluate the relationship between primary dysmenorrhea pain, mood and physical fitness factors in female athletes. Method: The population of this study included 500 female athletes with an average age of 24.15 ± 2.39 years, height 1.68 ± 0.05 cm and weight 63.18 ± 8.64 kg which. A statistical sample of 230 elite athletes, the sample size was determined using Morgan table. Physical fitness variables including aerobic capacity, muscle endurance abdominal, muscle strength, upper body, lower body muscular strength, explosive power and body composition variables include: height, weight, body fat percentage, body mass index were measured. The amount of pain and mood were measured and the amount of dysmenorrhea. To analyze the data, the Pearson correlation coefficient using SPSS version 21 was used. Results: The results showed that subcutaneous fat and body mass index (p

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