

# Effectiveness of pyridoxin in reducing symptoms of anxiety pre menstrual syndrome in adolescent

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DOI: <http://dx.doi.org/10.19106/JMedScieSup0050012018021>

## ABSTRACT

Pre menstrual syndrome (PMS) affects women's quality of life, social and economic performance. The other study discovered that 23- 31 % of reproductive aged women experience PMS to a degree that affects their daily activity. Symptoms of pre menstrual syndrome (PMS) are divided into 4 types, namely type A for anxiety, type C for craving (hungry), type D for depression, and type H for hyperhydration (liquid stockpiling). Type A is commonly unrecognized in Indonesia. Symptoms of type A consist of anxiety, irritability, labilty, and nerves tense. It is important to know how to reduce the symptoms. This study aims to determine the effectiveness of pyridoxin in reducing symptoms of pre menstrual syndrome (PMS) and the most resolvable type of syptom. There was an effect of using pyridoxine to reduce PMS. It known from the significance value of t-test that was 0.000. The type of PMS with the highest symptom reduction was PMS type A, because pyridoxine could increase stability estrogen and progesterone activity. Anxiety pre menstrual syndrome probably caused by unstable hormone.

**Keywords:** Pre menstrual syndrome - Pyridoxin- PMS type A