

ABSTRACT

This study is attempts to explore the significant relationship between Premenstrual Syndrome and Quality for Life among healthcare staff at Jabatan Kesehatan, which is located in the state of Seremban in Malaysia. Three variables related to Premenstrual Syndrome (before, during, after) are discussed, and studies are made on healthcare staff to measure the impact of the mentioned variables. A set of questionnaire that adopted from journals where each component was specifically related with three components of Premenstrual Syndrome given to respondents to be completed fully and returned to the researcher for completion of this study.