The problems that emerged in each individual are condition that makes a person learns to behave and act better. But certain problems cause stress in the person. To overcoming these, each person has a different ways. As student, the problem causing stress can come from external, such as relationship problems with friends, family problems, love problems and completion of assignments. While problems come from internal such as health problems, feeling of inferiority or inadequacy, negative thoughts, and targets too high without accompanied by self-ability. As student of the Faculty of Psychology who learning about the psychological dynamics of human life, they are expected to have a better ability to cope stress caused by problems.

Based on student interviews, it is known that they were experiencing symptoms of PMS such as pain in the hips, thighs and legs, tighten breast, abdominal pain, dizziness, nausea, increased snacking habits, feeling lazy, anxiety, restlessness, irritability, and more sensitive with other’s word. They cope with it in a short rest, being alone, playing with friends or hangout, and explore the virtual word or browsing. According to coping theory of Lazarus, most of these ways is similar to avoidance, which is classified as emotion focused coping that do not overcome the problem directly but only to control emotions to relieve the pressure caused by problem. And as student of the Faculty of Psychology who learning about the psychological dynamics of human life, they expected to be able to solve problem directly not by avoiding.

This study aims to find out the relationship between Premenstrual Syndrome and coping strategies at the Faculty of Psychology student of UIN Maulana Malik Ibrahim Malang, both in using problem-focused coping, emotion-focused coping and religion-focused coping. The population in this study is female students at the Faculty of Psychology class of 2008 to 2011. The sampling method is using stratified proportionate random sampling. Measurement of premenstrual syndrome variables using questionnaire adapted from Premenstrual Symptoms Screening Tools for Adolescent (PSST-A) owned Meir Steiner, et al. While measurement of coping strategies variables using a scale consisting 30 items. Analytical techniques using spearman rho-correlation.

The results showed that the level of student Faculty of Psychology coping strategies are moderate, with the percentage of problem-focused coping 16% low, 68% moderate, and 16% high; the percentage of emotion focused coping 16% low, 68% moderate, and 16% high; and the percentage religion-focused coping 24% low, 60% moderate, and 16% high. While levels of premenstrual syndrome mostly student whom is the subject of research are mild PMS, with percentage 4% had severe PMS, 22% had moderate PMS, and 74% had mild PMS.

The results of the correlation analysis showed that there were no significant relationship between levels of premenstrual syndrome and coping strategies. This is indicated by correlation coefficient of levels premenstrual syndrome with problem-focused coping $r_{xy} 0,203$ with sig. 0,058 $>$ 0,05. While correlation coefficient of levels premenstrual syndrome with emotion focused coping $r_{xy} 0,012$ with sig. 0,909 $>$ 0,05. And correlation coefficient of levels premenstrual syndrome with religion-focused coping $r_{xy} 0,014$ with sig. 0,895 $>$ 0,05.