

## ABSTRACT

**Khoiroh, Qimmatul.** 2013. *The Coping Strategies Relationship With The Premenstrual Syndrome at The Faculty of Psychology Student of State Islamic University Maulana Malik Ibrahim Malang*. Thesis. Psychology Faculty of Islamic State University Maulana Malik Ibrahim Malang.

**Advisor** : Elok Halimatus Sa'diyah, M.Si.

---

**Keyword** : *Premenstrual Syndrome, Coping Strategies.*

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 propotionate 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. Analitical 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.