

# Coping Mechanisms among Female Students with Premenstrual Syndrome

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## ABSTRACT

**Objective:** Determine the influence of coping mechanisms on symptoms of premenstrual syndrome among female students.

**Methodology:** A descriptive correlational study was conducted on 372 female students at the University of Kerbala between 26th September 2023, and 4th June 2024. By using a self-report questionnaire, data was collected. The data collection instrument is divided into three parts: socio-demographic characteristics, the PMS scale, and the coping mechanisms scale. A panel of experts determined the validity of the questionnaire, and the reliability was determined through a pilot study of 37 students. SPSS was used to analyze data.

**Results:** This study found that about 57.3% of students had moderate symptoms and 30.6% had severe symptoms. Female students show moderate coping mechanisms among all except the item (I understand that the changes that happen to me are temporary and that they will go away over time) that shows good coping mechanisms. Also a high significant differences in physical symptoms, psychological symptoms, behavioral symptoms, and overall symptoms at p-values = .001 was found.

**Conclusion:** This study concludes that the coping mechanisms among female students highly influence the symptoms associated with premenstrual syndrome.

**Recommendations:** Educating the community and increasing female students' awareness of the changes that occur during the premenstrual period and how to deal with these changes in a healthy way.

**Keywords:** Coping Mechanisms, Premenstrual Syndrome, Female Students

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