

The Relationship of Menstrual Pain and Pain Perception with Coping Strategies among Female Students at the State Polytechnic of Jember

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ABSTRACT

Menstrual pain is a reproductive health issue frequently experienced by female university students that can impact daily activities. This study aimed to analyze the relationship between menstrual pain, pain perception, and coping strategies among female students at the State Polytechnic of Jember. A correlational analytic design with a cross-sectional approach was employed. The study population consisted of all active female students from the 2022–2025 cohorts ($N = 3,793$), with a sample of 94 respondents selected via purposive sampling. Data were collected using the Numeric Rating Scale (NRS) to measure menstrual pain intensity, the Pain Catastrophizing Scale (PCS) to assess pain perception, and the Brief COPE to evaluate coping strategies. Data analysis was performed using the Spearman Rank test. The results indicated that the majority of respondents experienced moderate menstrual pain ($n = 87$; 92.6%), held high levels of pain perception ($n = 62$; 66.0%), and utilized Problem-Focused coping strategies ($n = 31$; 33.0%). Spearman Rank test results showed no significant relationship between menstrual pain and coping strategies ($r = 0.031$; $p = 0.767$) nor between pain perception and coping strategies ($r = 0.186$; $p = 0.073$). The study concludes that menstrual pain intensity and pain perception are not significantly associated with coping strategies among female students at the State Polytechnic of Jember. These findings suggest that coping strategies are likely influenced by other factors—such as individual experience, social support, knowledge, and psychological state—indicating a need for reproductive health education and strengthened social support to enhance students' ability to manage menstrual pain.

Keywords: *dysmenorrhea, menstrual pain, pain perception, coping strategies.*