

## ABSTRAK

*Premenstrual Syndrome* (PMS) merupakan masalah kesehatan umum pada wanita usia subur yang dapat mengganggu aktivitas sehari-hari, kinerja akademik, dan kualitas hidup. Mahasiswa tingkat akhir Fakultas Kedokteran berada dalam masa krusial dengan beban akademik tinggi yang dapat memperburuk persepsi gejala PMS. *Self-compassion* diduga berperan sebagai faktor protektif yang membantu individu mengelola stres dan regulasi emosi. Penelitian ini bertujuan mengetahui hubungan antara tingkat *self-compassion* dengan gejala PMS pada mahasiswi tingkat akhir Fakultas Kedokteran Universitas Malikussaleh. Penelitian kuantitatif dengan pendekatan analitik korelasional menggunakan rancangan *cross-sectional*. Sampel sebanyak 128 mahasiswi diambil dengan teknik *purposive sampling*. Instrumen yang digunakan adalah *Self-Compassion Scale* (SCS) versi Bahasa Indonesia dan *Premenstrual Symptoms Screening Tool* (PSST). Analisis data menggunakan uji korelasi Spearman. Hasil analisis menunjukkan sebagian besar responden berusia 21 tahun (57,0%) dan berasal dari Program Studi Kedokteran (53,9%). Distribusi tingkat gejala PMS: sedang (39,1%), berat (38,3%), ringan (21,9%), sangat berat (0,8%). Tingkat *self-compassion*: sedang (50,8%), tinggi (46,9%), rendah (2,3%). Hasil uji korelasi didapatkan nilai  $r = -0,104$  dengan  $p\text{-value} = 0,241$  ( $p > 0,05$ ). Kesimpulan yang didapat ialah tidak terdapatnya hubungan signifikan antara tingkat *self-compassion* dengan gejala *premenstrual syndrome* pada mahasiswi tingkat akhir Fakultas Kedokteran Universitas Malikussaleh.

**Kata Kunci:** *premenstrual syndrome, self-compassion, mahasiswi, fakultas kedokteran*

## ABSTRACT

Premenstrual Syndrome (PMS) is a common health problem among women of reproductive age that can interfere with daily activities, academic performance, and quality of life. Final-year medical students are in a crucial period with high academic burden that may worsen the perception of PMS symptoms. Self-compassion is thought to act as a protective factor helping individuals manage stress and emotional regulation. This study aimed to determine the relationship between self-compassion levels and PMS symptoms among final-year female medical students at Malikussaleh University. This quantitative study employed a correlational analytic approach with a cross-sectional design. A sample of 128 female students was taken using purposive sampling. Instruments used were the Indonesian version of the Self-Compassion Scale (SCS) and the Premenstrual Symptoms Screening Tool (PSST). Data were analyzed using Spearman's correlation test. Results showed most respondents were aged 21 years (57.0%) and from the Medical Study Program (53.9%). Distribution of PMS symptom levels: moderate (39.1%), severe (38.3%), mild (21.9%), and very severe (0.8%). Self-compassion levels: moderate (50.8%), high (46.9%), and low (2.3%). The correlation test yielded a correlation coefficient  $r = -0.104$  with  $p\text{-value} = 0.241$  ( $p > 0.05$ ). Conclusion is there is no significant relationship between self-compassion levels and premenstrual syndrome symptoms among final-year female medical students at Malikussaleh University.

**Keywords:** *premenstrual syndrome, self-compassion, female students, medical faculty*