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Effect of objectified body consciousness and self-compassion on premenstrual syndrome among female college students in South Korea**Sunghee Lee and Jungyoon Keum**

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Purpose: The purpose of this study was to identify the effects of objectified body consciousness and self-compassion on premenstrual syndrome among female college students and factors that influence the premenstrual syndrome among college student in Korea.

Methods: The subjects of this study were the 525 numbers of college students in the one university and two community colleges. Questionnaire survey was conducted from May through June, 2017. Data were analyzed using SPSS version 20.0 for descriptive statistics, t-test, one-way ANOVA. To examine influencing factors on premenstrual syndrome, Pearson's correlation coefficient and hierarchical regression method were used.

Results: On the one hand, there were positive correlations between body surveillance ($r=0.179$, $p<0.001$), body shame ($r=0.327$, $p<0.001$) and premenstrual syndrome. Also there was positive correlation between body surveillance and body shame ($r=0.346$, $p<0.001$). On the other hand, there were negative correlations between self-compassion ($r=-0.289$, $p<0.001$) and premenstrual syndrome. Also there were negative correlations between body surveillance ($r=-0.249$, $p<0.001$), body shame ($r=-0.341$, $p<0.001$) and self-compassion. There were significant differences in age, grade, sleep satisfaction, caffeine intake, family history of menstrual disorder and history of gynecologic disease. It was found that sleep dissatisfaction, family history of menstrual disorder were the factors influence on premenstrual syndrome among college student. These variables explained about 42.6% of the variance in premenstrual syndrome.

Conclusion: This research provides evidence that the higher body surveillance, the higher level of premenstrual syndrome and the higher self-compassion, the lower level of premenstrual syndrome. Also sleep dissatisfaction and family history of menstruation disorder were the most influential factors that explain the premenstrual syndrome of college student. These findings can provide basic information on the development of a self-compassion program for female college students with premenstrual syndrome, especially with high body shame.

Biography

Sunghee Lee has her expertise in research and passion in improving the health and wellbeing among women. Her special interests are in developing and evaluating policies for preventing intimate partner violence.

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