

**APPLICATION MASSAGE EFFLEURAGE USE ROSE AROMA THERAPY  
OIL TO REDUCE THE SCALE OF DYSMENORRHEA IN YOUNG  
WOMEN IN MLANDANG, MANJUNGAN,NGAWEN,KLATEN**

Dessy Ratnasari Sudarti Putri  
[Dessyrat345gmail.com](mailto:Dessyrat345gmail.com)  
STIKES 'Aisyiyah Surakarta

**ABSTRACT**

**Background:** *Background: Dysmenorrhea is menstrual pain that occurs in the pelvic area due to menstruation and production of substances prostatglandin. Dysmenorrhea this can force a woman to break and reduced activities of day-to-day massage is a therapy that is used to perform the release of endorphins as natural painkillers. In addition, the massage will reduce muscle tension and pain, improve mobility and blood circulation. Techniques massage effleurage is one of the nursing interventions non-pharmacological to reduce the pain of dysmenorrhea, this technique cause a relaxing effect that can reduce the pain of dysmenorrhea, this technique has no side effect, safe and can be done independently. massage effleurage is a process of massage that specialized strokes gentle, slow and not dotted. This massage create a sense of comfort and relax.*

**Purpose:** *To description the implementation of massage effleurage against a decrease in pain scale dysmenorrhea. **Method:** Assembling it using the research case study by the study design the descriptive. **The results:** The pain scale before done massage effleurage on the respondents 1 from the pain scale 6 into the scale 0 and respondents II of pain scale 5 into the scale 0. **Conclusion:** There was a decrease in the pain scale of dysmenorrhea in young women before and after effleurage massage*

**Key words:** *Dismenore, Massage effleurage, Pain*