

**APPLICATION OF CLASSIC MUSIC THERAPY TOWARDS  
REDUCTION OF DYSMENORRHEA INTENSITY IN  
YOUTH IN CEPOGO VILLAGE**

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**ABSTRACT**

**Background :** *Dysmenorrhea is one of the disorders experienced by women during menstruation, one of its treatments with classical music therapy because it contains strains that produce alpha waves that can increase levels of endorphins which can reduce pain. Objective :* *to describe how to apply classical music therapy to young women to overcome dysmenorrhea. Method :* *the type of research used is descriptive methodology with a case study design that illustrates the decrease in the scale of pain after being given classical music therapy to young women in the village of Tumang Gunungsari RT 03/RW 15, Cepogo, Boyolali. Result :* *a decrease in the scale of pain in Ms. L and Ms. F before and after classical music therapy for 3 days. To Ms. L decreases from scale 8 to scale 2 and Ms. F of scale 5 becomes scale 1. Conclusion :* *there was a decrease in the scale of pain after classical music therapy for 3 days in the village of Cepogo.*

**Keywords:** *Dysmenorrhea, Classical Music Therapy*