

ABSTRACT

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THE EFFECT OF AUTOGENIC RELAXATION ON THE INTENSITY OF PAIN MENSTRUATION (DYSMENORRHEA) ON YOUNG WOMEN IN SMK NEGERI 6 SURAKARTA

ABSTRACT

Introduction: Dysmenorrhoea is a pain that occurs during menstruation and is often experienced by adolescents aged 15-17 years. Menstrual pain that occurs in adolescents is very bad impact on the disruption of daily activities such as not attending school because of the pain felt heavy so it takes a treatment to overcome them. One treatment to overcome dysmenorrhoea is with autogenic relaxation.

Objective: Analyzing the effect of autogenic relaxation on the intensity of menstrual pain (dysmenorrhea) in female adolescents in SMK Negeri 6 Surakarta. **Methods:** This type of research is quantitative, with Pre-Experimental Design approach with One Group Pre-Post Test Design design. The research was conducted in SMK Negeri 6 Surakarta in June 2018. The sample of research was 22 respondents with sampling purposive sampling technique. The analysis using Wilcoxon Match Pair Test. **Results:** Wilcoxon Match Pair Test results show that there is an autogenic relaxation effect on the intensity of menstrual pain (dysmenorrhea) with significant numbers ($p = 0,000 < 0.05$). Prior to autogenic relaxation treatment the number of respondents who experienced mild pain 5 people (22.7%), moderate pain 17 people (77.3%). After autogenic relaxation treatment the number of respondents to 3 people (13.6%) was not painful, 16 people (72.7%) had mild pain and 3 people (13.6%) had moderate pain. **Conclusion:** There is an autogenic relaxation effect on Intensity of menstrual pain (dysmenorrhea) in female adolescent at SMK Negeri 6 Surakarta.

Keywords : menstrual pain (dysmenorrhoea), autogenic relaxation