

# **THE IMPLEMENTATION OF DISMENORHOE Gymnastics for DECREASE DISMENORE IN ADOLESCENTS**

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## **SUMMARY**

Introduction: Dysmenorrhea is a natural medical condition that occurs during menstruation. Dysmenorrhoea is generally harmless but quite disturbing for adolescents who experience it. Dismenorrhoea can be treated in a non-pharmacological way, namely dismenorhoe exercise which can be done 1 week before menstruation so that the body becomes relaxed and comfortable. Purpose: to publish the results of research that has been done by previous researchers, namely the application of dysmenorrhoea exercise to reduce dysmenorrhea in adolescents. Method: The method used is to make an output in the form of a pocket book to be published and to attract reading from the public, especially teenagers. Results: the application of dysmenorrhoea exercise to reduce dysmenorrhoea in adolescents was carried out 1 week before menstruation, after doing dismenorrhoeic exercise before menstruation, there was a decrease in the scale of pain felt when experiencing dysmenorrhoea. Conclusion: the application of dysmenorrhoea exercise to reduce dysmenorrhoea in adolescents is proven to be effective in reducing dysmenorrhoea in adolescents.

**Keywords: Gymnastics Dismenorrhoe, Youth, Dismenorrhoe**