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**MANAGEMENT *DYSMENORRHEA* WITH *EFFLEURAGE MASSAGE*
AND *ENDORPHINE MASSAGE***

SUMMARY / SUMARRY

Background: In Indonesia, the incidence of *dysmenorrhea* is 64.25% consisting of primary *dysmenorrhea* of 54.89% and secondary *dysmenorrhea* of 9.36%. *Dysmenorrhea* occurs in adolescents with a prevalence ranging from 43% to 93%, where about 74% to 80% of adolescents experience mild *dysmenorrhea*. *Dysmenorrhea* is abdominal pain that comes from uterine cramps and occurs during menstruation, pain can be chronic or persistent. Non-pharmacological therapies that can be given for *dysmenorrhea* that are safe to use and do not cause side effects are touch management, namely *effleurage massage* and *endorphine massage*. *Effleurage massage* is a massage technique using the palms of the hands with a circular motion pattern in several parts of the body or strokes along the back which can reduce muscle tension and increase circulation in the area of pain and prevent hypoxia. *Endorphine massage* is a touch / light massage therapy which is quite important for adolescents who experience pain. **Purpose:** to provide information and insight to the community, especially young women on how to overcome *dysmenorrhea* with *effleurage massage* and *endorphine massage*. **Method:** Using a booklet entitled "Safe Ways to Overcome *Dysmenorrhea* with *Effleurage Massage* and *Endorohine Massage*". **Conclusion:** This booklet is expected to be useful as a medium for health education for young women with *dysmenorrhea* so that they can apply *effleurage massage* and *endorphine massage*.

Keywords: *Dysmenorrhea, Effleurage Massage, Endorphine Massage, Booklet*