

# **IMPROVING MASSAGE EFFLEURAGE ENGINEERING KNOWLEDGE AS AN EFFORT TO REDUCE DISMINORE**

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## **ESSENCE**

Menstruation is very important, because in addition to being a symbol of femininity, it also indicates that the woman is able to perform reproductive functions normally. Dysmenorrhea is menstrual pain which is usually cramping in nature and centered on the lower abdomen which is felt during menstruation, sometimes to a severe degree so that it interferes with activity (Fritz and Speroff, 2010). from Proverawati and Misaroh (2009) the incidence of dysmenorrhea in 2008 was 64.25%. Pain can be treated with various alternatives, both pharmacologically and non pharmacologically. Pharmacologically it can be treated with analgesic drugs, while non-pharmacologically it can be treated with effleurage massage. Effleurage massage is one of the non-pharmacological methods that are considered effective in reducing pain (Trisnowiyoto, 2012). Effleurage massage is a movement using the entire surface of the hand attached to parts of the body that are lightly rubbed and soothed with a circular motion pattern in several parts of the abdomen. This effleurage massage is carried out for 10-15 minutes. One of the media used to provide information is a poster. Posters can be used with the aim of providing specific and open information so that women know how to reduce dysminorrhea pain by means of massage effleurage.

Keywords: Dysmenorrhea, Massase Effleurage, Poster.