

APPLICATION OF BENSON RELAXATION TECHNIQUES TO DYSMENORRHEA IN ADOLESCENT WOMEN IN BAGAN NGLOROG VILLAGE SRAGEN

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ABSTRACT

Background: Dysmenorrhea is pain during menstruation which is felt in the lower abdomen and appears before, during or after menstruation. The percentage of the incidence of dysmenorrhea in each country 50%, the incidence of dysmenorrhea in Central Java reaches 56%. Because the incidence of dysmenorrhea is a natural occurrence that occurs every month in women. Efforts to reduce pain through non-pharmacological methods with this therapy continue to be developed, one of which is the benson relaxation technique in Bagan Nglorog Village, Sragen. **Objective:** To describe the difference in the results of pain intensity measurements from one respondent to another before using the benson relaxation technique in Bagan Nglorog Village, Sragen. **Methods:** The research design used is descriptive quantitative case study research design. **Results:** This study shows that before the application of the benson relaxation technique, respondents experienced moderate dysmenorrhoea pain, but after the application of the benson relaxation technique, respondents experienced mild dysmenorrhoea pain. **Conclusion:** There is a difference in pain scale from before and after benson's relaxation technique is used to treat dysmenorrhea.

Keywords: Dysmenorrhea, Pain, Benson Relaxation

