

# APPLICATION OF WARM COMPRESS THERAPY TO DYSMENORRHEA IN TEENAGE GIRL IN SALAM HAMLET SUKODONO VILLAGE DONOROJO DISTRICT PACITAN CITY

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## ABSTRACT

**Background;** *Dysmenorrhea affects more than 50% of women. If dysmenorrhea is not treated properly, it can hamper the activities and learning processes in young women. Warm compresses are one of the non-pharmacological treatments that can be used to treat dysmenorrhea by attaching a bladder filled with warm water at a temperature of 50°C then wrapped with a cloth and attached to the stomach that is experiencing pain.* **Objectives;** *Describing the results of implementing warm compresses on adolescent girls who experience dysmenorrhea.* **Method;** *Case study research using descriptive design. The research subjects used were 2 (two) respondents who experienced dysmenorrhea who were given the same action. The instrument used for data collection is the observation sheet given to the respondents.* **Results;** *Prior to the warm compress therapy, respondent 1, namely Ms. A, experienced menstrual pain with a pain scale of 6 (moderate pain scale). After being given warm compress therapy, the pain scale decreased to a pain scale of 2 (mild pain scale). Respondent 2, namely Ms. V experienced menstrual pain with a pain scale of 5 (moderate pain scale). After being given warm compress therapy, the pain scale decreased to a pain scale of 2 (mild pain scale).* **Conclusion;** *There is a decrease in the dysmenorrhea pain scale between before and after being given warm compress therapy on teenage girls in Salam hamlet.*

**Keyword:** *Teenage Girl, Dysmenorrhea, Warm Compress*