

**APPLICATION OF ABDOMINAL STRETCHING EXERCISE
ON THE INTENSITY OF MENTAL PAIN
IN YOUNG WOMEN**

Niken Meilianawati¹, Irma²
nikenmeilianawati@gmail.com
'Aisyiyah University of Surakarta

ABSTRACT

Background: Women who have reached puberty gradually experience a monthly cycle called menstruation, in which women lose blood due to continuous hormonal changes, thus forming the formation of the uterus and ovulation in the wall when pregnancy does not occur. Commonly, young women who feel menstrual pain can experience cramps in the lower abdominal area that can spread to the lower back, hips, inner thighs to calves during menstruation. This contraction causes the muscles in the area to tighten. There are several ways to deal with this, such as regular abdominal stretching exercises, warm compresses, adequate sleep and relaxation such as deep breathing. **Purpose:** To describe the differences in the development of menstrual pain intensity in adolescent girls before and after giving abdominal stretching exercises to 2 (two) respondents. **Methods:** This research is an applied research with a case study that uses descriptive research methods. **Results:** There are differences in the development of menstrual pain in adolescents before and before abdominal stretching exercises. **Conclusion:** The application of abdominal stretching exercises helps reduce the scale of menstrual pain in adolescents who experience menstrual pain during menstruation.

Keywords: Adolescent, Menstrual Pain, Abdominal Stretching Exercise