

APPLICATION OF ABDOMINAL STRETCHING EXERCISE AS AN EFFORT TO REDUCE THE INTENSITY OF DISMENORRHEA IN ADOLESCENT GIRL IN MUDAL VILLAGE, BOYOLALI

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ABSTRACT

Background; Dysmenorrhea or menstrual pain is a gynecological complaint due to an imbalance of the hormone progesterone, symptoms that can arise include weakness, laziness, loss of concentration, abdominal pain, back pain, and cramps which can interfere with activities. The incidence of dysmenorrhea in Indonesia is 64.25%, consisting of 54.8% with primary dysmenorrhea and 9.36% with secondary dysmenorrhea. A non-pharmacological treatments that can be done to reduce the intensity of dysmenorrhea is abdominal stretching exercise that can increase level of endorphins. **Objective;** Knowing the results of implementing abdominal stretching exercises on reducing the intensity of dysmenorrhea in adolescent girls. **Method;** This application is carried out with case studies and by observing events that have occurred to two respondents. The instrument used is an observation sheet with a Numerical Rating Scale (NRS). **Results;** After the application of abdominal stretching exercise to the two respondents, for 10–15 minutes on the first three days of menstruation in a row, it showed a decrease in the intensity of dysmenorrhea into the category of painless and mild pain. **Summary;** Abdominal stretching exercise can reduce the intensity of dysmenorrhea in adolescent girls.

Keywords: adolescent, dysmenorrhea, abdominal stretching exercise