

**THE APPLICATION OF BENSON RELAXATION TO THE LEVEL OF  
DYSMENORRHEA IN ADOLESCENTS IN GLODOGAN VILLAGE,  
KLATEN**

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**ABSTRACT**

**Background:** Dysmenorrhea is discomfort in the lower abdomen spreading to the waist which is often experienced by young women aged 12-18 years or even almost all women during menstruation, usually often felt before menstruation or during menstruation. Benson relaxation technique is one of the complementary therapies developed as a relaxation technique that is simple and easy to implement and is a combination of relaxation response techniques with individual belief systems or faith factors. **Purpose :** Knowing changes in the level of dysmenorrhea in adolescents before and after doing benson relaxation therapy. **Method:** this application with descriptive research methods and observing events or events that have occurred. Descriptive research is research conducted to describe or describe an event that occurs. **Results:** handling dysmenorrhea with benson relaxation therapy given for 2 days with 1 time a day for 15 minutes can affect the patient's level of dysmenorrhea so that there are changes in the patient's pain scale. **Conclusion:** Benson relaxation therapy can reduce the level of dysmenorrhea in adolescents who are experiencing menstrual pain.

**Keywords:** *Adolescents, Dysmenorrhea, Benson Relaxation Therapy*