

**APPLICATION OF DYSMENORRHEA GYMNASTICS OF THE SCALE OF
MENSTRUAL PAIN IN YOUNG WOMEN IN JATIYOSO VILLAGE
KARANGANYAR REGENCY**

Distya Maharani, Sri Hartutik
Distyamaharani500@gmail.com
Nursing Diploma III Study Program
'Aisyiyah Surakarta University

ABSTRACT

Background: *The problem of dysmenorrhea can be caused by lack of exercise, the age of menarche, the duration of menstruation, besides that the history of dysmenorrhea in the family is also a factor that can affect dysmenorrhea in adolescent girls. The incidence rate of dysmenorrhea in the world tends to be high. On average, more than 50% of teenagers suffer from dysmenorrhea. Dysmenorrhea gymnastics is a form of relaxation that is done to stretch the waist, abdominal and pelvic muscles that can provide comfort and can reduce pain.* **Objective :** *Knowing the change in the scale of pain in young women who experience dysmenorrhea before and after the application of dysmenorrhea.* **Method :** *This study uses a descriptive case study by observing 2 respondents of 17year old teenage girls who were given the implementation of dysmenorrhea exercises which was carried out during 3 meetings in 1 week with a time of \pm 30 minutes per meeting.* **Result:** *After applying dysmenorrhea, there was a decrease in the pain scale and was included in the category of mild pain.* **Conclusion:** *This dysmenorrhea can reduce the scale of pain in young women who have dysmenorrhea.*

Keywords: *Dysmenorrhea Gymnastics, Period Pain Scale, Teenage Girl*