

# APPLICATION OF WARM PLASTER AND AROMATHERAPY COMPRESSES AGAINST DYSMENORHEA IN ADOLESCENT GIRLS

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## ABSTRACT

**Background:** *The incidence of Dysmenorhea in Karanganyar was obtained at 1.07-75%.. The high value of Dysmenorhea sufferers in Karanganyar if left untreated will affect the increase in uterine confusion / pain It is reported that 30-60% of adolescent girls experience Dysmenorhea.as many as 7-15% do not go to school or work. For this reason, it is necessary to treat Dysmenorhea "Application of Warm Plaster Compresses and Aromatherapy" to prevent uterine contractions***Objective:** *Describe the results of the implementation of the application of warm compresses and aromatherapy to Dysmenorhea in young women***Method:** *This type of research is a descriptive research method by observing 2 respondents with a history of Dysmenorhea Nn.S with degree 6 (Moderate Pain) and Nn.L Degree 8 (Severe Pain) given the implementation of Warm Plaster Compresses and Aromatherapy***Results:** *Warm Plaster Compress Therapy on 2 respondents for 3 consecutive days resulted in Ms.S with 6 moderate pain becoming 4 mild pain and Ms. L with 8 severe pain becoming 6 moderate pain. Relaxation therapy using warm plaster compresses and aromatherapy can reduce dysmenorrhea in both respondents***Conclusion:** *Relaxing Warm Plaster Compresses and Aromatherapy can lower Dysmenorhea*

**Keywords:** *Dysmenorhea ,Warm Plaster Compress,Aromatherapy*