

ABSTRACT

THE EFFECT OF DEEP BREATHING RELAXATION TECHNIQUES ON REDUCING DYSMENORRHEA IN ADOLESCENTS OF THE KARANGTARUNA COMMUNITY IN BARAN VILLAGE

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Background: Dysmenorrhea is discomfort in the lower abdomen that often spreads to the lower back, commonly experienced by adolescent girls before and after menstruation, usually accompanied by nausea. This condition can disrupt daily activities for adolescents. Deep breathing relaxation is a complementary therapy that teaches how to take deep breaths, hold maximum inspiration, and exhale slowly. **Objective:** To determine the effect of deep breathing relaxation techniques on reducing dysmenorrhea in adolescents. **Methods:** This quantitative study used a pre-experimental one-group pretest-posttest design. The research was conducted in Baran Village, with a population of 40 adolescents and a sample of 30. A questionnaire was used as the research instrument. Data were analyzed using the Wilcoxon statistical test. **Results:** Before the deep breathing relaxation technique, the majority of respondents (18 or 60.0%) reported moderate pain. After the technique, 17 respondents (56.7%) experienced a reduction to mild pain. Statistical testing showed a significant $p\text{-value} = 0.005 < 0.05$, indicating that the hypothesis was accepted. **Conclusion:** The deep breathing relaxation technique effectively reduces dysmenorrhea in adolescents in the Karangtaruna community of Baran Village.

Keywords: Adolescents, Dysmenorrhea, Deep Breathing Relaxation Technique