

## ABSTRACT

Afroh Kurnia Isnaini NIM B2014004 DIII Nursing	Counsellor I. Annisa Andriyani, M.PH II. Tri Susilowati, M.Kep
<b>APPLICATION OF MASSAGE EFFLEURAGE AND CLASSICAL MUSIC THERAPY TO DECREASE THE SCALE OF DYSMENORRHEA PAIN IN ADOLESCENTS IN TEGALSARI VILLAGE, SURAKARTA</b>	
<p><i><b>Background :</b> Dysmenorrhea is menstrual pain characterized by pain in the abdomen, waist, and back. Non pharmacological ways to reduce menstrual pain include with the application of massage effleurage and classical music therapy. Massage effleurage is a slow pressure to warm the muscles to be more relaxed. Classical music therapy is a therapy that used music to improve the emotional state and relax the body. <b>Purpose :</b> Identify the effect of massage effleurage and classical music therapy in reducing the scale of menstrual pain. <b>Method :</b> This research uses interview method, observation, and self report measure. <b>Result :</b> The result of the implementation and analysis of the data obtained decreased the level of pain performed during the three meetings. Before the application of massage effleurage and classical music therapy, pain scale 6 and after the application of pain into scale 2.</i></p>	
<p><i><b>Keywords :</b> Dysmenorrhea, massage effleurage, classical music therapy, decrease scale of menstrual pain.</i></p>	