

**THE IMPACT OF BREATHING TECHNIQUES ON REDUCING
MENSTRUAL PAIN IN WUS OF POSYANDU CADRES IN TEGAL GONDO
VILLAGE**

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ABSTRACT

Background: In 2023, there will be quite a few cases of menstrual pain, both moderate and severe, experienced by women of reproductive age (WUS) posyandu cadres Tegal Gondo village. Menstrual pain causes delays in work and daily activities. One of the non-pharmacological therapies to reduce pain intensity can be done using breathing techniques. **The objectives of the research:** The purpose of this study was to determine the impact of breathing techniques on reducing menstrual pain. **Method:** this research uses a pre-experimental design with one group pre-test and post-test. The sampling method was by purposive sampling technique and the amount of respondents was 20 respondents. **Results:** the analysis showed that before the breathing technique was carried out, the majority of respondents were on moderate pain scale with an average pain score of 5.65. After the breathing technique was carried out, the majority of respondents were on the mild pain scale, with an average pain score of 3.20. the statistical test result showed that the value was $P = 0.000$. **Conclusion:** There is an Impact Of Breathing Techniques On Reducing Menstrual Pain In WUS Of Posyandu Cadres In Tegal Gondo Village.

Key words: Breathing techniques, Menstrual pain, WUS