

**THE EFFECT OF GIVING ENDORPHIN MASSAGE ON REDUCING
DYSMENORRHOEA PAIN IN ADOLESCENT WOMEN AT
JUNIOR HIGH SCHOOL 1 WEST KOTAAGUNG**

Nia Erviza¹, Rina Sri Widayati²

Bachelor Of Midwifery, 'Aisyiyah Surakarta University
niaerviza.students@aiska-university.ac.id

ABSTRACT

Background ; Dysmenorrhea is pain, aches and cramps that are felt in the lower abdomen during menstruation which can interfere with daily activities. Based on data from the World Health Organization (WHO) in 2020, the incidence of dysmenorrhea was 1,769,425 (90%) and 54.9% of women experienced dysmenorrhea. One effort to reduce dysmenorrhea pain is with Endorphin Massage

Purpose ; To determine the effect of giving endorphin massage on reducing dysmenorrhea pain in adolescent girls at Junior High school 1 West Kotaagung.

Research Methods ; This type of research is pre-experimental with a One Group Pretest-Posttest approach, the subjects of this research were taken from young women who experienced dysmenorrhea with a sample size of 20 people with the sampling technique in the research being random sampling. This endorphin massage is given once a day for 10 minutes for 2 days.

Research Result; The average value of the pain scale before being given treatment was 3.40. After being given treatment the average value of the pain scale was 0.75. The results of the Wilcoxon test before and after treatment showed that the p-value was $0.000 < 0.05$.

Conclusion ; There was a decrease in the pain scale before and after treatment, meaning that there was an effect of giving endorphin massage on reducing dysmenorrhea at Junior High school 1 West Kotaagung.

Keywords : Endorphin Massage, Dysmenorrhea, Adolescent.