

**APPLICATION OF DYSMENORRHEA GYMNASTICS TO THE LEVEL
DYSMENORRHEA PAIN IN ADOLESCENT GIRLS
IN THE AREA OF TASIKMADU VILLAGE**

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ABSTRACT

Background: According to the World Health Organization (WHO), the prevalence of dysmenorrhea is quite high in the world. On average, more than 50% of women suffer from dysmenorrhea. The impact of dysmenorrhea in adolescence can lead to excessive anxiety, which can affect activities. Dysmenorrhea exercises aim to improve blood circulation so that pain does not occur. **Objective:** To describe the results of dysmenorrhea pain levels in adolescent girls before and after the application of dysmenorrhea gymnastics. **Methods:** This study used a descriptive case study by observing 2 adolescent female respondents who were given dysmenorrhea exercises conducted for 3 times in the morning and evening on the first to third days of menstruation with a time of 15 minutes. Pain intensity was measured using a Numeric Rating Scale (NRS) observation sheet. **Results:** The results of the application between the two respondents were in Mrs. Z before dysmenorrhea exercises were 5 (moderate pain) then 3 (mild pain). In Mrs. R, before dysmenorrhea exercises, it was 5 (moderate pain) then 2 (mild pain). The ratio of the final result between the two respondents was 2:3. **Conclusion:** Dysmenorrhea exercises can reduce pain levels in adolescent girls with dysmenorrhea.

Keywords: Adolescent Girls, Dysmenorrhea Gymnastics, Dysmenorrhea Pain Level