

THE EFFECT OF WARM COMPRESS APPLICATION ON THE REDUCTION OF DYSMENORRHEA IN ADOLESCENTS

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ABSTRACT

Background: Adolescence is a transitional stage marked by biological changes, one of which is menstruation, which is often accompanied by complaints of dysmenorrhea. Dysmenorrhea is menstrual pain that can have a negative impact on activities, concentration in learning, and even the psychological well-being of adolescents. The incidence of dysmenorrhea in Indonesia, especially in Surakarta City, shows a fairly high prevalence. Management of dysmenorrhea is generally carried out pharmacologically and non-pharmacologically. Warm compresses are one of the effective non-pharmacological therapies because they can increase blood circulation and reduce uterine contractions. **Objective:** To determine the effect of giving warm compresses on reducing dysmenorrhea in adolescent girls. **Method:** Pre-Experimental with one group pretest posttest. Sample of 27 respondents and sampling technique with total sampling. Analysis using Wilcoxon Signed Rank **Result:** Of the 27 respondents before the warm compress, the majority of respondents experienced moderate pain, as many as 22 respondents with a percentage (81%) and as many as 5 respondents with a percentage (19%) experienced mild pain and after the warm compress, the majority experienced mild pain, as many as 15 respondents with a percentage (56%) and as many as 12 respondents (44%) had no pain with a p-value of 0.000 (<0.05). **Conclusion:** There is an effect of giving warm compresses on reducing the intensity of dysmenorrhea in adolescents at the Rumah Qur'an Salima Surakarta Dormitory

Keywords: Warm Compress, Dysmenorrhea, Adolescents