

**THE EFFECT OF HEGU POINT (LI4) AND SANYINJIAO POINT (SP6)
ACUPRESSURE ON REDUCING DYSMENORRHEA INTENSITY**

Oktavia Pramudya Sari¹, Rita Riyanti Kusumadewi²
oktaviapramudyasari25.students@aiska-university.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: In Central Java, the prevalence of dysmenorrhea is 56%. Dysmenorrhea is lower abdominal pain, caused by high production of prostaglandins that trigger uterine muscle contractions, resulting in blockage of blood flow to the uterus. The impact of dysmenorrhea for adolescents is feeling uncomfortable which causes lack of concentration in learning, this does not need to be worried about because it can be treated with acupressure at the hegu point (LI4) and the sanyinjiao point (SP6), one of the effective non-pharmacological methods to increase endorphin hormone levels as a sedative, providing comfort, strengthening the spleen which can reduce pain. **Objective:** To determine the effect of acupressure at the hegu point (LI4) and the sanyinjiao point (SP6) on reducing the intensity of dysmenorrhea. **Method:** Pre-experimental research with a one group pretest posttest research design with a population of 120 female students, a sample of 22 was taken using a simple random sampling technique. Intervention of acupressure at the hegu point (LI4) and the sanyinjiao point (SP6) for 3 consecutive days for 30 rounds. Normality test <0.05 , analysis with Wilcoxon test. **Results:** there was a decrease from 4.77 to 0.50 with a decrease of 4.27. Statistical analysis obtained a p-value of 0.000 (<0.05). **Conclusion:** There is an effect of acupressure of hegu point (LI4) and sanyinjiao point (SP6) on reducing the intensity of dysmenorrhea.

Keywords: Dysmenorrhea, Acupressure, Hegu Point (LI4), Sanyinjiao Point (SP6)