

ABSTRACT

THE APPLICATION OF DYSMENORRHEA EXERCISE TO REDUCE PAIN IN DYSMENORRHEA IN YOUNG WOMEN IN HAMLET MAYANG SUKOHARJO

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Background; Dysmenorrhea or menstrual pain is one of the inconveniences often experienced by a women who is menstruating. Dysmenorrhea is abdominal pain that originates from uterine cramps and occurs during menstruation. Dysmenorrhea gymnastics in one technique in providing a comfortable and relaxed state in adolescents when experiencing dysmenorrhea. **Objective;** to describe the pain scale of dysmenorrhea before and after dysmenorrhea exercise. **Method;** this study used a descriptive observational method with 2 respondents. Data collection was obtained from interviews and observation sheets. The pain scale was measured for the first 3 days of menstruation after dysmenorrhea exercise with duration of 30-45 minutes. **Result;** after gymnastics was carried out both respondents dysmenorrhea experienced a decrease in pain of dysmenorrhea to a mild pain scale. **Conclusion;** the application of dysmenorrhea exercise can reduce the scale of dysmenorrhea pain in young women.

Keyword: Dysmenorrhea Exercise, Pain Scale, Dysmenorrhea Pain