

ABSTRACT

Lina Wati B2015062 Diploma III Program of Nursing	Counsellor : 1. Wahyu Purwaningsih, M.Sc 2. Tri Susilowati, M.Kep
APPLICATION OF MOZART MUSIK THERAPY TO REDUCE DYSMENORRHEA IN GRIYAN VILLAGE PAJANG LAWEYAN SURAKARTA	
ABSTRACT	
<p>Back Ground : Adolescence can be defined as growing into maturity, which has a very broad meaning, including mental, emotional, social and physical maturity, where one of the typical signs of adolescence is puberty. Puberty is the beginning of sexual maturity, a period in which a child undergoes physical, hormonal and sexual changes and able to experience the process of reproduction. Menstruation is one of the signs of puberty. Many teenagers experience problems during menstruation, one of them is dysmenorrhoea. <i>Dysmenorrhoea</i> is abdominal pain origination from uterine cramps and occurs during menstruation. <i>Mozart's</i> music therapy has the power of leberating, treating and even possesing healing powers. Mozart music therapy is an effective non-pharmacological management to reduce dysmenorrhoea. Purpose: To describe the result of applying mozart music therapy to reduce dysmenorrhoea in Griyan Village RT 04 RW 10 Pajang Laweyan Surakarta in 2018. Method: This research used case study research with deskriptive research design. Results: This research shows that both respondents experienced decreased pain scale. Conclusion: The application of mozart music therapy has been shown to decrease dysmenorrhoea and can be used as non-pharmacological therapy for dysmenorrhoea.</p>	
Kata Kunci : <i>dismenorea, mozart music</i>	