

Ma'rifahQona'ah B2015065 Diploma III Nursing Study Program	Supervisors 1. WahyuPurwaningsih,M.Sc. 2. IkrimaRahmasari, S.Kep., Ns., M.Kep.
THE APPLICATION OF DEEP BREATHING RELAXATION TECHNIQUE TO DECREASE THE MENSTRUAL PAIN IN MISS N AND MISS O IN DERMAN, KARANGMOJO VILLAGE	
ABSTRACT	
<p>Background; Painful menstruation or dysmenorrhea is a progesterone hormone imbalance in blood which causes pain to arise. Women experience dysmenorrhea as much as 90%. This problem that at least disturbs 50% of reproductive women in which 60-85% of them is adolescents, often results in absence at school and work. The incidence of menstrual pain in the world is huge. There are more than 50% of women in every country experiencing menstrual pain. In the United States, it reached 60% while in Sweden, it was about 72%. The menstrual pain is suffered by around 45-95% among women of childbearing age. The prevalence of dysmenorrhea pain in Indonesia in 2013 was 64.25% consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. Meanwhile, the prevalence in Central Java reached 56%. Objective: The purpose of this study is to determine the scale of dysmenorrhea pain before and after the application of deep breathing relaxation technique in Miss N and Miss O in Derman, Karangmojo Village, Tasikmadu District, Karanganyar Regency. Method: The research used descriptive method with the research instrument used NRS sheet and observation sheet. Findings: After being given six times of the application of deep breathing relaxation technique on both respondents in 3 days with duration of 10 minutes, the scale of the patients' menstrual pain decreased. Conclusion: The application of deep breathing relaxation technique has been shown to reduce the intensity of menstrual pain scale in Miss N and Miss O.</p>	
<p>Keywords: <i>Deep breathing relaxation technique, Dysmenorrhea, Menstruation, Adolescents.</i></p>	