

## ABSTRACT

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<b>THE IMPLEMENTATION OF ABDOMINAL STRETCHING TO REDUCE DISMENORE ON THE TEENAGERS IN GRIYAN PAJANG, LAWEYAN, SURAKARTA</b>	
<b>ABSTRACT</b>	
<p><i><b>Background:</b> Adolescence is a human development period in which major change called puberty occurs. Singular sign of puberty on female teenagers is menstruation. However, many of them face menstrual problems including dismenore. Dismenore is a pain on the stomach occurring during menstruation. Abdominal Stretching is a non-pharmacological therapy to reduce dismenore.</i></p> <p><i><b>Aim:</b> To identify the implementation of abdominal stretching to reduce dismenore in Griyan RT 04/01 Pajang, Laweyan, Surakarta in 2018. <b>Method:</b> This research used case study method with descriptive design. <b>Findings:</b> Before the implementation of abdominal stretching, both Mrs. D's and Mrs. R's menstrual pain is on medium scale, 5 and 6 respectively. Meanwhile after being treated with abdominal stretching for three days, their menstrual pain decreases by 3 points.</i></p> <p><i><b>Conclusion:</b> The implementation of abdominal stretching can decrease dismenore and can be used as a non-pharmacological therapy for people with dismenore.</i></p>	
<b>Keywords:</b> <i>Dismenore, Abdominal Stretching</i>	