

# IMPLEMENTATION OF ABDOMINAL STRETCHING TO REDUCE DYSMENORRHEA IN ADOLESCENT IN TEGALMADE SUKOHARJO

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## ABSTRACT

**Background :** *Dysmenorrhea is a menstrual pain that is felt in the lower abdomen or waist area. Dysmenorrhea in adolescents should be dealt with to avoid more severe things. In Indonesia in 2010 the incidence of dysmenorrhea occurs in adolescents with prevalence ranging from 43% to 93%, of which about 74-80% of adolescents experience mild dysmenorrhea, complaining that their activities are limited due to dysmenorrhea. Abdominal stretching for pain relief can relieve anxiety and provide a calming effect.* **Purpose :** *knowing the difference in the development of the scale of pain before and after abdominal stretching.* **Method :** *this application uses a descriptive method with a case study approach and observes the events that have occurred. This method of physical training consists of six stages, namely cat Stretch, lower trunk rotation, hip Stretch, curl up, lower abdominal Strengthening, the bridge position. This therapy aims to reduce the scale of dysmenorrhea pain. Abdominal stretching therapy is done three days before menstruation every morning or evening for 30 minutes. The measuring instrument used in this study is numbering rating scale. Numbering rating scale is a tool to measure the patients pain scale.* **Results :** *there was a decrease in the scale of pain after abdominal stretching, namely the first respondents from the scale of moderate pain to mild pain and to the respondents two of the scale of pain being moderate pain.* **Conclusion:** *there are differences in the development of pain in the respondent after abdominal stretching with the first respondent being mild pain and the respondent two being moderate pain.*

**Keywords:** *dysmenorrhea, abdominal stretching*