

**THE APPLICATION OF DEEP BREATHING RELAXATION  
TECHNIQUE ON DYSMENORRHEA ACUTE PAIN DECREASE IN  
MISS I AND MISS N AT MENADI PACITAN VILLAGE**

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***ABSTRACT***

***Background;*** Menstrual pain or dysmenorrhea is an imbalance of the hormone progesterone in the blood that causes pain. This problem disturbs women in their teens which results in many absences at school and office. The incidence of menstrual pain in the world is very large. There are more than 50% of women in each country experiencing menstrual pain. ***Objective;*** To determine the scale of pain dysmenorrhea before and after the application of deep breathing relaxation techniques to Ms. I and Ms. N in Menadi Village. ***Method;*** Using descriptive method with research instruments using questionnaires, NRS sheets and observation sheets. ***Results;*** After therapy of deep breath relaxation for 1 time in 3 consecutive days with a duration of 15 minutes, the scale of pain in both respondents decreased. ***Conclusion;*** Deep breath relaxation therapy has been shown to reduce the scale of pain in adolescents with dysmenorrhea.

***Keywords :*** Deep Breath Relaxation, Menstruation, Adolescence