

**APPLICATION ACUPRESSURE THERAPY
TO REDUCE MENSTRUAL PAIN
FOR YOUNG WOMEN**

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Program Studi Diploma III Kebidanan
Fakultas Ilmu Kesehatan
Universitas 'Aisyiyah Surakarta
Sri Kustiyati¹, Rita riyanti²

ABSTRACT

Background: Menstrual pain or desminore is common for young women on the first and second days of menstruation. Acupressure therapy that is empirically used to reduce menstrual pain scale found at the meridian points LI4, LV3, SP6, SP8. **Objective:** Describe the results of the application of acupressure therapy to reduce the scale of menstrual pain in young women in Dukuh Klinge rt 023 Gringging, Sambungmacan, Sragen. **Research Methods:** Case study research with description design. Subjects used were young women, who solved menstrual pain and were treated with acupressure on the first and second days of menstruation, by being massaged in a clockwise direction 30x for \pm 3 minutes and looking for data after 2 days of therapy. **Result:** Before doing acupressure therapy respondents experienced menstrual pain with a scale of 6 and 3, after acupressure therapy for 2 days the respondent experienced a decrease in the menstrual pain scale to become painless and the pain scale 1. **Conclusion:** There was a decrease in menstrual pain scale in both respondents after acupressure therapy.

Keywords: *Youth, Menstrual pain, Dysmenorrhea, Acupressure.*