

# **ABDOMINAL STRETCHING EXERCISE TO REDUCE DISMINORE INTENSITY**

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## **ESSENCE**

Dysmenorrhea is abdominal pain that comes from uterine cramps and occurs during menstruation. The prevalence of dysmenorrhea in Indonesia is 64.25% consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. Data obtained from the Sragen District Health Office, in the Sragen Regional Health Center in 2013, the total number of dysmenorrhea patient visits was 468 cases, in 2014 there were 516 cases, and in 2015 there were 569 cases. Prevention can be done by doing an Abdominal Stretching Exercise. Abdominal Stretching Exercise is a muscle stretching exercise, especially in the stomach, which is carried out for 10-15 minutes. The benefits of the Abdominal Stretching Exercise, namely to increase muscle strength, endurance, and muscle flexibility can improve fitness, reduce muscle tension (cramps), reduce pain menstruation. When doing the abdominal stretching exercise, which is 3 days before menstruation every morning or evening with a frequency of 3 times a week for 30 minutes. Booklet is a combination of leaflet and book with small format (size) such as leaflet. The benefits of booklets are as a learning support medium, as promotional material, and as a short message delivery.

**Keywords:** Dysmenorrhea, Abdominal Stretching Exercise, Booklet