

**THE EFFECT OF COMBINATION OF DEEP BREATHING EXERCISE
WITH CORE STRENGTHENING EXERCISE ON DYSMENORRHEA ON
ADOLESCENT WOMEN IN SMP N 1 MATESIH**

Ainun Tiyas Febiyanti*, Ari Sapti Mei Leni**
University of Aisyiyah Surakarta
ainun.tiyas12@gmail.com

ABSTRACT

Background ; Teenage girls often experience pain during menstruation or known as dysmenorrhea. Dysmenorrhea that often occurs is primary dysmenorrhea which is felt on the first day or during menstruation in Indonesia as many as 107,673 people (64.25%) consisting of 59,671 people (54.89%) experiencing primary dysmenorrhea. Pain during menstruation is felt around the lower abdomen which causes difficulty walking, no appetite, nausea, vomiting, and even fainting. One of the treatments for primary dysmenorrhea is deep breathing exercise and core strengthening exercise. **Purpose ;** To determine the effect of giving a combination of deep breathing exercise with core strengthening exercise on dysmenorrhea in adolescent girls at SMP N 1 Matesih. **Method ;** This study uses a pre-experimental design with the type of one group pre-test and post-test design. Samples were taken by 25 respondents using purposive sampling technique. Measurement of dysmenorrhea value using WaLLID. **Results ;** The results of the influence test using the Wilcoxon Signed Ranks Test showed that dysmenorrhea before and after being given a combination of deep breathing exercise with core strengthening exercise was significant at $p=0.001$ ($p < 0.005$). **Conclusion ;** There is an effect of giving a combination of Deep Breathing Exercise with Core Strengthening Exercise on Dysmenorrhea in Adolescent Girls at SMP N 1 Matesih.

Keywords: Adolescents, Diamenorrhea, Deep Breathing Exercise, Core Strengthening Exercise

Information :

* : Student of DIV Physiotherapy, Aisyiyah University Surakarta

** : Lecturer of DIV Physiotherapy, University of Aisyiyah Surakarta