

# THE EFFECT OF DYMENOROIC EXERCISE ON THE SCALE OF MENTAL PAIN ON STUDENTS AT SMP N 1 DONOROJO PACITAN DISTRICT

Putri Dewi Handayani, Ika Silvitasari  
[handayaniputri669@gmail.com](mailto:handayaniputri669@gmail.com)  
'Aisyiyah Surakarta Univercity

## ABSTRACT

**Background:** *The problem that is often experienced by adolescents is menstrual disorders (dysmenorrhea). Menstrual pain (dysmenorrhea) can be overcome one of them with dysmenorrhea exercise. Dysmenorrhea exercise is a technique that can produce endorphins so that it can provide comfortable and relaxed conditions and can help reduce levels of the hormone prostaglandin.* **Objective:** *To analyze differences in menstrual pain (dysmenorrhea) in female students before and after the desminore exercise intervention at SMPN 1 Donorojo, Pacitan Regency.* **Methods:** *Quasi Experimental Design Research with One Group Pre-test – Post-test Design, non-probability sampling technique with purposive sampling method, population 53 students, sample 39 respondents, questionnaire research instrument NRS (Numeric Rating Scale). Analysis of univariate and bivariate data.* **Results:** *the average level of the menstrual pain scale (dysmenorrhea) before the intervention was 4.92 and was at the moderate pain level and the average level of the menstrual pain scale after the intervention was 1.90 and was at the mild pain level. With the Wilcoxon test, it is known that  $p = 0.001 < 0.05$ .* **Conclusion:** *There is an effect of dysmenorrhea exercise on the level of the menstrual pain scale (dysmenorrhea) in students at SMP N 1 Donorojo.*

**Keywords:** *Menstruation, Dysmenorrhea, Dysmenorrhea Gymnastics.*