

THE APPLICATION OF ENDORPHINE MASSAGE ON THE INTENSITY OF PAIN IN THE VILLAGE OF KEDUNGRINGIN SURUH DISTRICT, SEMARANG REGENCY

Reni Rusmayanti ¹, Eska Dwi Prajayanti ²

renyrusmayanti29@gmail.com

University of 'Aisyiyah Surakarta

ABSTRACT

Background: Adolescence is a period from puberty to adulthood where there is an acceleration of growth. One of the signs of events that appear in adolescence is menstruation. Menstruation is the process of shedding the uterine wall which is marked by bleeding. Menstruation usually causes menstrual pain which is a condition where a woman experiences pain during menstruation such as cramps in the lower abdomen. The prevalence of Semarang Regency, there are 83.3% experiencing mild menstrual pain and 16.7% experiencing severe menstrual pain. The prevalence of Kedungringin Village Health Center in 2021 there are about 30% of 100 teenagers in Kedungringin Village who experience menstrual pain. **The objective of the research:** To describe the results of implementing the application of endorphine massage on adolescents with menstrual pain in Kedungringin Village. **Methods:** This type of research is a case study that uses a descriptive case method. **Results:** The intensity of menstrual pain before endorphine massage was included in moderate pain. The intensity of pain after endorphine massage on the respondents included mild pain. **Summary :** The application of endorphine massage for 30 minutes can reduce the intensity of menstrual pain in adolescents.

Keywords: Adolescence, Menstrual Pain, Endorphin Massage