

**EFFECT OF PELVIC ROCKING EXERCISE
ON DESMINORE IN TEENAGE DAUGHTERS
AT STATE VOCATIONAL SCHOOL 6 SURAKARTA**

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ABSTRACT

Background: The world desminore genesis rate is 1,769,425, and 10-16% of women suffer from severe desminore. While in Indonesia young women desminore is considered high, 107,673. Desminore is not a threat to life, but if left to harm those affected by not being able to carry out their normal activities. Desminore can be overcome non-pharmacologically by one pelvic rocking exercise where small movements in the technique can trigger endorphin hormones that create a sense of comfort and become a natural analgesic, thus reducing the intensity of desminore pain. **Objective:** to determine how pelvic rocking exercise affects Desminore's pain levels in girls' SMK country 6 Surakarta. **Method:** This research is part of the experimental quasi-experiment with a one-group precursor posttest design—data retrieval techniques using exceptional sampling. The sample was used as many as 15 students with desminore. The instruments used were visiting instruments and observation sheets. **Results:** So after pelvic rocking Exercise most of the level is light desminore. Wilcoxon tests show a p-value of 0.00. **Conclusion:** Pelvic rocking exercise affects the desminore level of girls in high school in 6 Surakarta countries. *Password: Pelvic rocking Exercise, desminore, teenage daughter*