

**THE EFFECT OF PELVIC ROCKING EXERCISE
ON REDUCING THE MENSTRUAL PAIN OF TEENAGER AT
SMA NEGERI 1 KARANGANOM**

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ABSTRAK

Background : The growth and development of the reproductive system in teenager girls is characterized by the start of menstruation. During menstruation, some women experience discomfort one of them is dysmenorrhea (painful menstruation). The percentage of menstrual pain throughout the world is more than 50% of women in every world experiencing it, higher prevalence rate reported at the teenager level. Teenagers who experience menstrual pain are very disruptive in the teaching and learning process. Pelvic rocking exercise is an effective movement to reduce menstrual pain in teenagers, especially students. **Purpose**: the research is to determine the effect of pelvic rocking exercise to reduce menstrual pain in teenager at SMA Negeri 1 Karanganom. **Method**: This research uses a pre-experimental design experiment with a one group pretest-posttest design approach. This research was located at SMA Negeri 1 Karanganom Klaten, Central Java from March to May 2024. The population in the study was 20 teenagers who experienced menstrual pain. The sampling technique in this research was carried out using a simple random sampling technique. **Results** The research before pelvic rocking exercise, majority 13 respondents (65%) experienced moderate pain. The research results after being given pelvic rocking exercise majority 16 respondents (80%) experienced mild pain. Analysis using the Wilcoxon test shows that Asymp.Sig (2-tailed) has a value of 0.000 <0.05. **Conclusion**: there is an effect of pelvic rocking exercise on reducing the level of menstrual pain in adolescents

Keyword : Menstrual pain, Pelvic rocking exercise, Teenager