

**APPLICATION OF EFFLEURAGE MASSAGE THERAPY TO REDUCE
PRIMARY DYSMENORRHEA PAIN SCALE IN ADOLESCENTS AT
POSBINDU NGADISARI**

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ABSTRACT

Background: Dysmenorrhea is menstrual pain due to increased prostaglandin hormones that increase uterine contractions and cause painful sensations. Data from Itani et al. in 2022 found the incidence of dysmenorrhea by 45% to 95%. Non-pharmacological therapy with effleurage massage can be an option for adolescent girls to overcome dysmenorrhea. Massage effleurage is a light, rhythmic, and soothing massage technique in the distal direction that creates a sense of comfort and aims to reduce pain. **Objective:** Knowing the difference in pain scale before and after the application of effleurage massage to reduce the pain scale. **Method:** This research is a case study research using descriptive methods, namely by observing and interviewing 2 (two) female adolescent respondents who experienced dysmenorrhea, before and after the application of effleurage massage. **Results:** There was a decrease in the intensity of dysmenorrhea in Miss. S from pain scale 6 to pain scale 4 while in Miss. A decreased from pain scale 4 to pain scale 2. **Conclusion:** After the application of effleurage massage on Miss. S and Ms. A there is a decrease in pain scale. This shows that effleurage massage can reduce the dysmenorrhea scale in both respondents.

Keywords: Dysmenorrhea, Massage, Menstruation, Adolescent