

**THE EFFECT OF GIVING MASSAGE EFFLEURAGE ROSE
AROMATHERAPY OIL ON REDUCING DISMINORE PAIN IN
ADOLESCENTS**

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ABSTRACT

Background: Puberty in teenage girls is marked by menstruation. One of the problems that women often experience during menstruation is dysmenorrhea. Dysmenorrhea causes disruption to daily productivity, such as not attending school. Effleurage massage using rose aromatherapy oil is an alternative method that can be used to reduce the intensity of dysmenorrhea pain. **Objective:** This study aims to determine the effect of rose aromatherapy oil effleurage massage on reducing dysmenorrhea pain in adolescents. **Research Method:** This research uses a quantitative type of research with a pre-experimental one group pretest posttest method. The sampling technique used simple random sampling, with a total sample of 23 teenagers who experienced dysmenorrhea. Data analysis used the Wilcoxon Signed Rank Test. **Results:** Based on the results of analysis tests using the Wilcoxon Signed Rank Test, a significance value of 0.001 ($p < 0.05$) was obtained, which means H_a was accepted. **Conclusion:** There is an effect of giving rose aromatherapy oil effleurage massage on reducing dysmenorrhea pain in adolescents.

Keywords: Disminorrhea, Effleurage Massage, Rose Aromatherapy Oil, Teenagers