

THE EFFECT OF WILLIAM'S FLEXION EXERCISE ON REDUCING THE INTENSITY OF MENSTRUAL PAIN IN STUDENTS OF JUNIOR HIGH SCHOOL NEGERI 5 TALANG KELAPA

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ABSTRACT

Background: Dysmenorrhea is pain in the lower abdomen that occurs during menstruation. Continuous pain makes sufferers unable to move, especially teenagers, so it can affect learning activities and even cause absence from school. Handling menstrual pain is important, one type of non-pharmacological therapy to treat menstrual pain is by using William's Flexion Exercise, which is an exercise program aimed at stretching the posterior muscles and also increasing the strength of the lower abdominal and lumbar muscles so that menstrual pain can be reduced. **Purpose:** to determine the effect of William's Flexion Exercise on reducing the intensity of dysmenorrhea in female students at SMP Negeri 5 Talang Kelapa. **Method:** This type of quantitative research uses a pre- experimental design with a one group pretest-post test approach. The measuring tool uses the Numeric Rating Scale (NRS). The total sample is 20 respondents. Statistical tests use the Wilcoxon test. **Research Results:** The pretest and posttest averages were 6.55 and 0.70 respectively. From this average, it is known that there was a decrease in value of 5.85. Shows that there is an effect of dysmenorrhea before and after the William's Flexion Exercise intervention, shown by the results of Sig 0.000 <0.05. **Conclusion:** There is an effect of William's Flexion Exercise on reducing the intensity of dysmenorrhea in female students at SMP Negeri 5 Talang Kelapa.

Keyword : William's Flexion Exercise, Menstrual Pain