

**PENGARUH ABDOMINAL STRETCHING EXERCISE TERHADAP PENURUNAN  
DISMINORE PADA REMAJA PUTRI  
DI KELURAHAN BALEGONDO  
KECAMATAN NGARIBOYO KABUPATEN MAGETAN**

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**ABSTRAC**

**Background :** *Young women experience dysmenorrhea with varying levels of pain ranging from mild to severe. Dysmenorrhea is caused by several factors, one of which is endocrine factors. The impact of dysmenorrhea is very diverse, including women being unable to walk, having difficulty sleeping, being in a bad mood, losing concentration when doing something, and even very severe menstrual pain can cause teenagers to decide to be absent/take a short break from school or work. Efforts to reduce dysmenorrhea can be done by doing physical activities such as abdominal stretching exercises, namely muscle stretching exercises, especially in the stomach.***Objective :** *To determine abdominal stretching exercise on reducing dysmenorrhea in adolescent girls.***Methods :** *The research design used pre-experimentation with a one group pre-test post-test design. Sampling was taken using random sampling with a total sample of 20 young women who experienced dysmenorrhea pain and were given abdominal stretching exercises for 15-20 minutes.***Result:** *The result of research using Wilcoxon Test obtained a significance value of 0,000 (  $p < 0,05$  ).***Conclusion:** *There is an effect of abdominal stretching exercise on reducing dysmenorrhea in adolescent girls. Abdominal stretching exercise are recommended to treat dysmenorrhea.*

**Keyword :** *Abdominal Stretching Exercise, Adolescent, Dysmenorrhea*