

ABSTRACT

The Effect of Aerobic Low Impact Gymnastic Application on the Decreased Scale Dysmenorrhea in Female Adolescents in Kelurahan Kerten Surakarta

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Background: Dysmenorrhea is the pain occurring before or during menstruation and lasting for some hours or some days in some cases. There are several methods that can be used to decrease dysmenorrhea, one of which is aerobic low impact gymnastic. In which this gymnastic can block the pain intensity and can result in weight loss. **Objective:** This research aimed to find out the effect of aerobic low impact gymnastic on the decreased scale dysmenorrhea in female adolescents in Kelurahan Kerten Surakarta.

Method: This research employed a descriptive research design. Clients were given aerobic low impact gymnastic. The pain was measured using Numeric Rating Scale. The measurement was conducted before and after intervention.

Result: The result of research found that there was an effect of aerobic low impact gymnastics on the decreased scale dysmenorrhea among female adolescents in Kelurahan Kerten Surakarta. **Conclusion:** The effect of aerobic low impact gymnastic application on the decreased scale dysmenorrhea in female adolescents.

Keywords: Dysmenorrhea, Aerobic Low Impact Gymnastic, Stretching, Female Adolescents.