

**IMPLEMENTATION OF ABDOMINAL STRETCHING ON
DYSMENORRHEA INTENSITY IN ADOLESCENT GIRLS IN
TOWANGSAN VILLAGE**

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ABSTRACT

Background: Dysmenorrhea is a pain experienced during menstruation in the lower abdomen that radiates to the lower back and may be accompanied by headaches lasting up to seven days, emotional changes, sleep disturbances, disrupted activities, and difficulty concentrating. According to the World Health Organization, the incidence of dysmenorrhea reaches 90%. In Central Java, the prevalence is 56%. The incidence rate of dysmenorrhea cases in Klaten reaches 68.4%. **Objective:** To describe the results of abdominal stretching application on the intensity of dysmenorrhea in adolescent girls in Towangsan Village. **Method:** This study used a case study method by applying abdominal stretching to adolescent girls experiencing dysmenorrhea. **Results:** The dysmenorrhea intensity of Nn. S was at scale 6 and Nn. V at scale 3 before abdominal stretching. After the intervention, the intensity decreased to scale 1 for Nn. S and scale 0 for Nn. V, indicating a reduction of 5 points for Nn. S and 3 points for Nn. V. **Conclusion:** There is a difference in the final results of dysmenorrhea intensity between Nn. S and Nn. V after the application of abdominal stretching.

Keywords: Dysmenorrhea, Abdominal Stretching, Adolescent Girls