

**APPLICATION OF PROGRESSIVE MUSCLE
RELAXATION TO REDUCE THE PAIN
SCALE OF DYSMENORRHEA**

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ABSTRACT

Background: Menstrual pain is often complained of by adolescent girls during puberty as an uncomfortable sensation such as pain in the lower abdomen that can interfere with daily activities. The number of dysmenorrhea in Indonesia reaches 64.25% which comes from 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. Progressive muscle relaxation is one of the non-pharmacological treatments for dysmenorrhea that can reduce pain during menstruation. **Objective:** To describe the comparison of the final results before and after progressive muscle relaxation was performed on 2 Respondents **Method:** This study uses a descriptive case study by conducting progressive muscle relaxation and measuring the dysmenorrhea pain scale, carried out for 2 days, since the first day of menstruation consecutively with a frequency of once a day for 15 minutes. The instruments used are NRS and observation sheets. **Results:** There was a decrease in the dysmenorrhea pain scale after progressive muscle relaxation was performed on Ms. R from a scale of 5 to 3, while on Ms. T from a scale of 6 to 3. **Conclusion:** There was a difference in the results of the pain scale before and after progressive muscle relaxation was carried out on both respondents.

Keywords: Adolescents, Dysmenorrhea, Progressive_Muscle_Relaxation