

THE EFFECT OF BREATHING EXERCISE AND DZIKIR PRAYER OF DYSMENORRHEA IN ADOLESCENTS

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ABSTRACT

Background: Menstrual pain takes the form of intense cramping in the lower abdomen radiating to the lower back and thighs. One of the main causes of these complaints is due to increased production of prostaglandins. If not treated appropriately, the impact of menstrual pain can reduce women's well-being and quality of life. Management of menstrual pain can be done by implementing alternative breath relaxation therapy accompanied by dhikr which is considered effective in managing pain and can be done independently. **The objective of the research:** This study aims to determine the effect of breath relaxation and dhikr on reducing menstrual pain in adolescents at the Jajar Islamic Center boarding school in Surakarta. **Research Methods:** The research was conducted from April to May 2025. This study used a pre-experimental design with a one group pretest-posttest approach. The sample of this study were 22 respondents selected through simple random sampling technique. The data analysis used was Wilcoxon. **Research Results:** The majority of respondents who experienced menstrual pain before being given the intervention were on pain scale 5 (40,9%), and the majority of respondents who experienced menstrual pain after being given the intervention were on pain scale 2 (50,0%). Based on the results of the Wilcoxon test, the p value is $0.000 < \alpha = 0.05$. **Conclusion:** There is an effect of breath relaxation and dhikr on reducing menstrual pain in adolescents.

Keywords: Breath Relaxation, Dhikr Prayer, Menstrual Pain, Adolescents