

**THE EFFECT OF AROMATHERAPY MASSAGE ON PRIMARY
DYSMENORRHEA FOR ADOLESCENT IN SMP NEGERI DUA JATEN
KARANGANYAR**

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ABSTRACT

Background; Menstruation is experienced by all women who have puberty, some women experience Dysmenorrhea, during menstruation Indonesian women 90% experience primary Dysmenorrhea, this causes 14% of women not present at school or not doing their daily activities. One of the treatments for Primary Dysmenorrhea with Aromatherapy Massage. **Purpose;** To determine the effect of Aromatherapy Massage on Primary Dysmenorrhea Pain in Adolescent Girls in SMP Negeri Dua Jaten Karanganyar. **Method;** This study uses pre experimental design with the type of one group pre test and post test design. Samples were taken by 20 respondents with simple random sampling technique. Understanding pain scores using the Numeric Rating Scale. **Results;** The results of the effect test using Paired Sample Test showed that the value of pain before and after being given Aromatherapy Massage obtained significance at $p = 0.001$ ($p < 0.05$). **Conclusion;** There is the Effect of Aromatherapy Massage on Pain in Primary Dysmenorrhea in adolescence girls in SMP Negeri Dua Jaten Karanganyar.

Keywords: Adolescence, Dysmenorrhea, Aromatherapy Massage

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