

**THE EFFECT OF ABDOMINAL STRETCHING EXERCISE IN DECREASING
PRIMARY DYSMENORRHEA ON MAHASANTRI
AT STIKES 'AISYIAH SURAKARTA'S MA'HAD**

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ABSTRACT

Background; In adolescence stage, many women experience menstrual problems, one of which is dysmenorrhea. Dysmenorrhea is divided into primary dysmenorrhea and secondary dysmenorrhea. The incident of dysmenorrhea in Indonesia in 2016 an estimated 64,52% consist of 54,89% primary dysmenorrhea and 9,36%. Woman who experience dysmenorrhea complain of menstrual pain that causes recurrent absence at school and workplace and interferes with daily activities. To overcome dysmenorrhea, it can be done which one of them is by Abdominal Stretching Exercise, an effective and safe exercise therapy because it has a simple movement and can be carried out independently by young women. **Objective;** To determine the effect of Abdominal Stretching Exercise in decreasing primary dysmenorrhea on Mahasantri at STIKES 'Aisyiyah Surakarta's Ma'had. **Method;** Pre-experimental design method with one group pre-test and post-test design techniques. Samples are taken using simple random sampling technique and obtained 20 respondents. In this study, the pain measuring instrument used is the Numeric Rating Scale. **Results;** The results of the effect test using Paired Sample Test show that the grade of pain before and after given Abdominal Stretching Exercise obtained significance at $p = 0.01 < 0.05$. **Conclusion;** There is an effect of Abdominal Stretching Exercise in decreasing primary dysmenorrhea on Mahasantri at STIKES 'Aisyiyah Surakarta's Ma'had.

Keywords: Adolescents, Primary Dysmenorrhea, Abdominal Stretching Exercise