

**THE EFFECTIVENESS OF HYPNOTHERAPY ON THE DECREASE
OF DISMINORE PAIN IN ADOLESCENT
EDUCATION IN JAGAN**

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ABSTRACT

Background: *Dysmenorrhea is pain that accompanies during menstruation which usually occurs a feeling of cramping centered on the lower abdomen. Pain that disrupts daily activities and can interfere with the learning process so handling is needed. Handling of dysmenorrhea can be done by pharmacology and non-pharmacology. One non-pharmacological method using hypnotherapy.* **Objective:** *To find out the effectiveness of hypnotherapy on reducing dysmenorrhea pain in young women in Hamlet Jagan.* **Method:** *The study used 2 respondents who met the inclusion and exclusion criteria. The pain scale was measured for 2 days during the treatment for hypnotherapy. Data collection is obtained from interviews and observations.* **Results:** *The results of the study which after hypnotherapy, the two respondents experienced a decrease in pain intensity of dysmenorrhea from 6 (moderate pain) to 3 (mild pain) and 7 (severe pain controlled) to 3 (mild pain).* **Conclusion:** *Hypnotherapy is effective for reducing the pain of dysmenorrhea in young women in Hamlet Jagan.*

Keywords: *Pain Dysmenorrhea, Adolescence, Hypnotherapy*

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