

GIVING COLD COMPRESS TO REDUCE PAIN INTENSITY IN ADOLESCENTS THAT HAVE DYSMENORRHEA IN BONOREJO FLOUR

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ABSTRACT

Background: *Dysmenorrhea* is abdominal pain that originates from uterine cramps and occurs during menstruation. Pain management of *dysmenorrhea* can be done by pharmacology and non-pharmacology. Pharmacologically, painkillers can be given, while nonpharmacology can be given cold compresses. Cold therapy has an analgesic effect by slowing the speed of nerve impingement so that pain can reach a smaller brain. **Objective:** To determine the results of the implementation of cold water compresses to decrease the intensity of pain in *dysmenorrhea* in adolescents in Bonorejo hamlet. **Method:** This study used a descriptive research design. The design of this study was made by describing the implementation of cold water compresses to reduce the intensity of pain in *dysmenorrhea* in adolescents. The research subjects used were 2 adolescents who fulfilled the inclusion criteria (adolescents who had *dysmenorrhea* day 1 and 2, teenagers who were willing to be respondents, adolescents aged 14-16 years) and exclusion (teenage girls who consumed herbs or flavoring drugs pain). **Results:** The results of the study carried out before the cold compresses were carried out by the two respondents experienced moderate-level *dysmenorrhea* pain, after giving cold compresses, the two respondents had mild intensity of pain *dysmenorrhea*. **Conclusion:** There was a decrease in the intensity of pain in *dysmenorrhea* after being given cold compresses to adolescents in Bonorejo hamlet.

Keywords: Adolescents, cold compresses, *dysmenorrhea*.