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***THE EFFECT OF PILATES EXERCISE ON LEVELS
LAYER PAIN IN YOUTH TEENS
IN SMP N 1 TAWANGSARI***

ABSTRACT

Background : Dysmenorrhea or menstrual pain usually occurs during menstruation, pain is felt just before or during menstruation. In Indonesia the incidence of dysmenorrhea is estimated at 64.25% of women who are tortured by pain during menstruation. In Tawang Sari the highest number women with dysmenorrhea is in SMP N 1 Tawang Sari. ***Purpose*** : Knowing the influence of Pilates exercise on the level of menstrual pain (dysmenorrhoea) in young women in SMP Negeri 1 Tawang Sari. ***Method*** : The research is a quantitative research study. The methodology used in this research is Quasy Eksperiment research which adopts Pretest-Posttest Control Group Design. Sampling using Purposive Sampling technique, by setting the number of samples as many as 20 respondents, The research instrument used an observation sheet. Analyze data with paired t test. ***Result*** : The results showed a significant value on Pilates exercise on the decrease in menstrual pain scale (dysmenorrhoea) with a result (pvalue) of $0,000 < 0,05$. ***Conclusion*** : There is a significant effect of Pilates exercise on decreasing the scale of menstrual pain (dysmenorrhoea) in young women in SMP N 1 Tawang Sari.

Keywords: Adolescents, Menstrual pain, Pilates exercise