

## **ABSTRACT**

### ***Application Of Techniques The Muscles The Progressive To Lose Dismenore Nn. Y In The Village Pucangsawit Surakarta***

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**Background :** Pain at the time of menstruation or dysmenorrhea often complained a woman as an uncomfortable sensation, even because the pain, can disrupt the activity and force the patient to rest and leave the job or routine activities. The incidence of dysmenorrhea in Indonesia is 64,25% consisting of 54,89% primary 9,36% in secondary. On of the non-pharmacological treatment of dysmenorrhea is by progressive muscle relaxation technique. **Destination :** The purpose of this study to determine the effect progressive muscle relaxation technique, as an effort to reduce menstruation pain in Nn. Y di Kelurahan pucangsawit. **Method :** This research uses observational research type that is by giving progressive muscle relaxation technique then do observation tp client in knowing result therapy, so that in partice using the observation sheet. **The result :** Research shows menstruation pain after being given a progressive muscle relaxation technique became better, so thereis a significante difference between dysmenorhea pain before and after progressive muscle relaxation techniques. **The conclusion :** Progressive muscle relaxation techniques are poven in reducing menstruation pain.

**KeyWord :** a progressive muscle relaxation, Dysmenorrhea, Menstruation