

ABSTRACT

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| <i>THE APPLICATION OF DYSMENORRHEA EXERCISES TO DECREASE DYSMENORRHEA SCALE AT MISS N IN DISTRICT PUCANGSAWIT RT 05 RW VIII</i> | |
| <p>Background : Pain during menstruation or dysmenorrhea often complained of a woman as an uncomfortable sensation, even as the onset of the pain can interfere with the activity and force the patient to rest and leave his work or routine activity. The incidence of dysmenorrhea in Indonesia is 64.25% consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhoea. One of the non-pharmacological handling of dysmenorrhea is dysmenorrhea exercises. Purpose : The purpose of this study was to determine ;the effect of dysmenorrhea exercise as an effort to reduce menstrual pain in Nn. N in RT 05 RW VIII Pucangsawit. Methods : This research uses a type of pre-experimental experimental research design one-shot case study that is a research design used to find cause-effect relationships with the involvement of research in manipulating the dysmenorrhea gymnastics on Nn. N, researchers do gymnastic dysmenorrhea then make observations on the client. Results : Research shows menstrual pain after being given diminished dysmenorrhoeic therapy from moderate pain to mild pain, so there is a significant difference between menstrual pain before and after dimenore exercise. Conclusion : Dysmenorrhea exercises have been shown to be effective in reducing menstrual pain.</p> | |
| Key Words : <i>Dysmenorrhea exercise, Dysmenorrhea, Menstruation</i> | |