

## ABSTRACT

### ***Implementation Of Deep Breathing Relaxation For Reducing Dysmenorrhea Toward Miss. M At RT 02 RW VIII Pucangsawit Village Surakarta***

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**Background :** A pain during menstruation or dysmenorrhea is often complained a woman as a uncomfortable sensation, even because the appearance of the pain can disturb the activity and force the patient to take a rest and leave the work or his/her daily activity. The number of dysmenorrhea incident in Indonesia is 64,25% which consists of 54,89% primary dysmenorrhea and 9,36% secondary dysmenorrhea. One of the dysmenorrhea treatment by non-pharmacology is through deep breathing relaxation. **Purpose :** The purpose of this study is to find out the effect of deep breathing relaxation for reducing dysmenorrhea toward Miss. M at RT 02 RW VIII Pucangsawit village Surakarta. **Methods :** This study employs type of case study research, that is a research which describes or explains the important events which happen in the present toward Miss. M by giving deep breath relaxation, then doing observation toward patient to find out the result of the technique, so in the practice using observation sheet. **Results :** The research shows that menstruation pain after given deep breath relaxation reduced from medium pain to mild pain, so there is a meaningful difference between menstruation pain before and after the deep breath relaxation is done. **Conclusion :** Deep breathing relaxation proved to be effective to reduce dysmenorrhea.

**Keywords :** Deep breathing relaxation, dysmenorrhea, menstruation