Dika Putri Azhari
NIM B2015035
DIII of Nursing Academy

Supervisors:
1. Anjar Nurohmah, S.Kep.Ns, M.Kes.
2. Mursudarinah, SKM, M.Kes.

THE APPLICATION OF BACK MASSAGE TO REDUCE DISMENOREA SCALE (MENSTRUAL PAIN) ON ADOLESCENTS IN KARANG TENGAH VILLAGE SRAGEN CITY

ABSTRACT

Background; *Dysmenorrhoea is a medical condition that occurs during menstruation that can interfere with activity and require a treatment that characterized by pain in the abdominal area or pelvis. Characteristics of dysmenorrhea there are stiff, pain in the breast area, fatigue, irritability, loss of balance, sleep disorders. Massage in French comes from the word "masser" which means "rub". Giving this massage will cause physiological, mechanical and psychological effects that bring relaxation, reduced some types of edema, reduce pain, increase the extent of body movement and restore freshness. **Aim** of the Study; to determine the effect of back massage to reduce the scale of dysmenorrhoeal in adolescents in Karang Tengah Village, Karang Tengah, Sragen City. **Method**; the method is descriptive research method with case study of research design. **Result**: Miss C before treatment of back massage pain scale 6 and Miss L 7. After got back massage treatment, decrease pain scale Miss C 2 points and Miss L 2 points. There was a decrease after being given back massage during one meeting. **Conclusion**; back massage is proven to reduce the scale of dysmenorrhoea.*

Keywords: *Back massage, dysmenorrhea, pain, teen*