

ABSTRACT

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<i>APPLICATION OF WARM COMPRESS THERAPY TO REDUCE DYSMENORRHOEA IN YOUNG WOMEN IN GATAK BATURAN KEBONBIMO BOYOLALI</i>	
<i>ABSTRACT</i>	
<p><i>Background;</i> Puberty is when a teen begins to experience sexual maturity and the reproductive organs begin to function. Dysmenorrhoea is a common complaint experienced by women who are characterized by pain in the lower abdominal area. Dysmenorrhoea occurs mostly in women aged 17-24 years. The prevalence of dysmenorrhoea in Indonesia according to Dahlan (2017) consists of 54,89% primary dysmenorrhoea and 9,36% secondary dysmenorrhoea. The incidence of dysmenorrhoea in Central Java is 56%. Dysmenorrhoea can be overcome one of them is by warm compress. Warm compresses are an action by giving warm compresses to meet the needs of comfort, reduce pain, prevent muscle spasms and provide a sense of warmth. <i>Objectives;</i> To describe the result of the application of warm compresses to therapy to reduce dysmenorrhoea in young women in Gatak Baturan Kebonbimo Boyolali. <i>Method;</i> The research uses, case study research with descriptive research design. <i>Result;</i> This study showed that both respondents experienced a decrease in pain scale after warm compress therapy. <i>Conclusion;</i> The application of warm compress therapy has been shown to reduce dysmenorrhoea and can be used as non-pharmacological therapy for people with dysmenorrhoea.</p>	
<i>Keywords;</i> Dysmenorrhoea, Warm Compress	