

**APPLICATION OF GYM DISMENOIRE TO DISMENOIRE PAIN
DECREASE IN DUKUH PENI, DESA KUWIRAN, KECAMATAN
BANYUDONO BOYOLALI DISTRICT**

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ABSTRACT

Background: Dysmenorrhea is a complaint that is usually felt by women who want to experience menstruation. Complaints that are felt are usually feeling pain in the lower abdomen and spread to the back and thighs. One of the management of dysmenorrhea is by carrying out dysmenorrhea exercise because it can stimulate endorphine hormone in the spinal cord so that it can cause a sense of comfort and reduced pain. **Objective:** describe how to implement dysmenorrhea exercise in adolescents to reduce menstrual pain. **Methods:** this type of application uses a descriptive method with a case study design that describes a decrease in the scale of pain before and after doing dysmenorrhea in adolescents in Peni RT 21 / RW 08 Kuwiran, Banyudono, Boyolali. **Results:** There was a decrease in the scale of dysmenorrhea pain in Ms. T and Ms. M after carrying out dysmenorrhea exercises for 3 days. Ms. T has decreased the scale of pain from scale 6 to scale 2 and Nn. M has decreased the scale of pain from scale 5 to scale 2. **Conclusion:** There was a decrease in the scale of dysmenorrhea pain after doing dysmenorrhea exercises for 3 days in Dukuh Peni RT 21 / RW 08, Kuwiran, Banyudono, Boyolali.

Keywords: *Dysmenorrhea, Dysmenorrhea exercise*