

Anis Desi Pratiwi

Dosen Pembimbing

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1. Dewi Kartika Sari, S. Kep. Ns .,M.Kep

Nursing Diploma Study Program

2. Annisa Andriyani, M.P.H

**IMPLEMENTATION OF SLOW STROKE BACK MASSAGE METHOD ON  
INTEGRITY OF PAIN HAID (DYSMENORRHEA) IN ADOLESCENT**

**ABSTRACT**

**Background:** Dysmenorrhea is a menstrual pain that is felt in the lower abdomen or waist area. Dysmenorrhea in adolescents should be dealt with to avoid more severe things. In Indonesia in 2010 the incidence of dysmenorrhea occurs in adolescents with prevalence ranging from 43% to 93%, of which about 74-80% of adolescents experience mild dysmenorrhea, complaining that their activities are limited due to dysmenorrhea. *Slow Stroke Back Massage* (SSBM) for pain relief can relieve anxiety and provide a calming effect.

**Purpose:** This study aims to determine differences in pain scale before and after the application of *Slow Stroke Back Massage* method to the intensity of menstrual pain in adolescents.

**Method:** The research design used in this research is a case study design with descriptive research design conducted with two respondents.

**Results:** There was a decrease in the pain scale after the *Slow Stroke Back Massage* method was performed for 5 minute at 1 day.

**Conclusion:** There is a decrease of pain scale before and after *Slow Stroke Back Massage* method.

**Keywords:** *Dysmenorrhea, Slow Stroke Back Massage*