

**IMPLEMENTATION OF WARM COMPRESS TO REDUCE LOWER  
PAIN IN ADOLESCENTS IN PLEMBURAN VILLAGE  
NGEMPLAK KATRASURA SURAKARTA**

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*ABSTRACT*

**Background** : Dysmenorrhea is pain that occurs when women experience menstruation. Caused by excessive myometrium muscle contraction so that the blood flow lacks oxygen and myometrium to reduce menstruation can be done with two actions, namely pharmacology and non-pharmacology, one of the non-pharmacological action by doing warm compresses, giving a warm sensation in certain areas using a bag filled with warm water which creates a feeling of warm in certain parts. **Objective** : To describe the result of applying warm compresses to decrease the scale of dysmenorrhea pain. **Method** : This application uses case study research with descriptive research design. **Results** : The application of warm compresses can reduce the scale of pain in Ms. S and Ms. B in the moderate pain scale category which was carried out for 20 minutes on first day of menstruation. **Conclusion** : There was a decrease in the scale of pain before and after warm compress therapy. Decreasing the scale of pain is classified as a moderate pain scale.

**Keywords:** *Dysmenorrhea, warm compresses, pain*