

PENGARUH *ABDOMINAL STRETCHING EXERCISE* TERHADAP NYERI
MENSTRUASI PADA REMAJA PUTRI DI SMA MUHAMMADIYAH 3
YOGYAKARTA

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ABSTRAK

Latar Belakang : Pubertas pada remaja putri ditandai dengan menstruasi. Menstruasi (haid) merupakan peristiwa lepasnya dinding rahim yang dibarengi dengan perdarahan, terjadi dalam jangka waktu satu bulan. WHO menyebutkan di Indonesia diperkirakan 55% perempuan produktif yang tersiksa oleh *dismenore*. *Dismenore* dapat ditangani dengan terapi farmakologi dan non farmakologi. Terapi non farmakologi yang sederhana dan praktis yaitu untuk mengurangi nyeri menstruasi yaitu *abdominal stretching exercise*.

Tujuan : Diketahui adanya pengaruh *abdominal stretching exercise* terhadap nyeri menstruasi pada remaja putri di SMA Muhammadiyah 3 Yogyakarta.

Metode : Jenis penelitian *quasi eksperiment* dengan “*Pretest-Posttes Without Control Grup Design*“. Jumlah responden 60 orang yang dipilih dengan menggunakan *purposive sampling* instrumen penelitian menggunakan *Numerical Rating Scales* (NRS). Analisa data menggunakan *Wilcoxon* dengan taraf signifikan $p < 0,05$.

Hasil : Sebelum diberikan *abdominal stretching exercise* sebagian besar responden mengalami nyeri sedang (63,3%) dan sesudah diberikan sebagian besar responden memiliki nyeri ringan (60%). Hasil uji *Wilcoxon* nilai p -value 0,000 maka nilai p -value $< 0,05$.

Kesimpulan : Ada pengaruh *abdominal stretching exercise* terhadap nyeri menstruasi pada remaja putri di SMA Muhammadiyah 3 Yogyakarta.

Kata Kunci : *Abdominal Stretching Exercise*, Nyeri Menstruasi, Remaja Putri

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THE EFFECT OF *ABDOMINAL STRETCHING EXERCISE* ON MENSTRUAL PAIN IN ADOLESCENT WOMEN IN SMA MUHAMMADIYAH 3 YOGYAKARTA

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ABSTRACT

Background : Puberty in adolescent girls is marked by menstruation. Menstruation (menstruation) is the event of the release of the uterine wall accompanied by bleeding, occurring within a month. WHO states that in Indonesia it is estimated that 55% of productive women are tormented by *dysmenorrhea*. *Dysmenorrhea* can be treated with pharmacological and non-pharmacological therapy. Simple and practical non-pharmacological therapy to reduce menstrual pain is *abdominal stretching exercise*.

Objective: To determine the effect of *abdominal stretching exercise* on menstrual pain in adolescent girls at SMA Muhammadiyah 3 Yogyakarta.

Methods: This type of research is *quasi-experimental* with "*Pretest-Posttes Without Control Group Design*". The number of respondents 60 people who were selected using *purposive sampling* research instrument using *Numerical Rating Scales* (NRS). Data analysis using *Wilcoxon* with a significant level of $p < 0.05$.

Results: Before being given *abdominal stretching exercise*, most of the respondents experienced moderate pain (63.3%) and after being given most of the respondents had mild pain (60%).test results *Wilcoxon* value $p0.000$ then $p < 0.05$.

Conclusion: There is an effect of *abdominal stretching exercise* on menstrual pain in adolescent girls at SMA Muhammadiyah 3 Yogyakarta.

Keywords : *Abdominal Stretching Exercise*, Menstrual Pain, Young Women

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