

THE EFFECT OF COUNTERPRESSURE MASSAGE ON MENSTRUAL PAIN (DYSMENORRHEA) INTENSITY IN ADOLESCENT GIRLS AT SMAN 2 BANTUL

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ABSTRACT

Background: Primary dysmenorrhea is menstrual pain without anatomical abnormalities, commonly experienced by adolescent girls. In Indonesia, the prevalence of dysmenorrhea reaches 64.25%, and 52% in the Special Region of Yogyakarta. This condition negatively affects adolescents' daily activities and mental well-being. Pharmacological treatments often have side effects, thus requiring a safe non-pharmacological alternative such as counterpressure massage, which works through sacral pressure, endorphin release, and the gate control mechanism.

Objective: To determine the effect of counterpressure massage on the intensity of menstrual pain (primary dysmenorrhea) in adolescent girls at SMAN 2 Bantul.

Methods: This study employed a quasi-experimental design with a pretest-posttest control group approach. It was conducted in May 2025 at SMAN 2 Bantul with 128 female students from grades X and XI selected through purposive sampling. The experimental group received counterpressure massage, while the control group was given cinnamon aromatherapy. Pain intensity was measured using the Numerical Rating Scale (NRS) before and after the intervention, and data were analyzed using the Wilcoxon and Mann–Whitney tests.

Results: The experimental group showed a significant decrease in pain intensity from a mean score of 5.90 to 2.50 ($p = 0.001$), while the control group decreased from 5.70 to 4.70 ($p = 0.001$). The Mann–Whitney test revealed a significant difference between the two groups post-intervention ($p = 0.001$).

Conclusion: Counterpressure massage is effective in reducing menstrual pain (primary dysmenorrhea) in adolescent girls and can serve as a safe non-pharmacological therapy.

Keywords: Primary dysmenorrhea, Counterpressure massage, Adolescent girls, Non-pharmacological therapy

PENGARUH *COUNTERPRESSURE MASSAGE* TERHADAP INTENSITAS NYERI HAID (DISMENORE) PADA REMAJA PUTRI DI SMAN 2 BANTUL

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ABSTRAK

Latar Belakang: Dismenore primer merupakan nyeri haid tanpa kelainan anatomis yang umum dialami oleh remaja putri. Di Indonesia, prevalensi dismenore mencapai 64,25%, dan sebesar 52% di Daerah Istimewa Yogyakarta. Kondisi ini berdampak negatif terhadap aktivitas harian dan kesehatan mental remaja. Penanganan farmakologis seringkali menimbulkan efek samping, sehingga diperlukan alternatif non-farmakologis yang aman seperti *counterpressure massage*, yang bekerja melalui tekanan pada sakrum, pelepasan endorfin, dan mekanisme *gate control*.

Tujuan: Mengetahui pengaruh *counterpressure massage* terhadap intensitas nyeri haid (dismenore primer) pada remaja putri di SMAN 2 Bantul.

Metode: Penelitian ini menggunakan desain kuasi-eksperimen dengan pendekatan *pretest-posttest with control group*. Penelitian dilaksanakan pada Mei 2025 di SMAN 2 Bantul dengan sampel 128 siswi kelas X dan XI yang dipilih melalui teknik *purposive sampling*. Kelompok eksperimen diberi intervensi *counterpressure massage*, sedangkan kelompok kontrol diberikan aromaterapi kayu manis. Intensitas nyeri diukur menggunakan *Numerical Rating Scale* (NRS) sebelum dan sesudah intervensi, dan dianalisis menggunakan uji *Wilcoxon* dan *Mann-Whitney*.

Hasil: Kelompok eksperimen mengalami penurunan intensitas nyeri dari rerata 5,90 menjadi 2,50 ($p = 0,001$), sedangkan kelompok kontrol menurun dari 5,70 menjadi 4,70 ($p = 0,001$). Uji *Mann-Whitney* menunjukkan perbedaan bermakna antara kedua kelompok setelah intervensi ($p = 0,001$).

Kesimpulan: *Counterpressure massage* efektif dalam menurunkan intensitas nyeri haid (dismenore primer) pada remaja putri dan dapat dijadikan sebagai alternatif terapi non-farmakologis yang aman.

Kata kunci: Dismenore primer, *Counterpressure massage*, Remaja putri, Terapi non-farmakologis