

**PEMBERIAN KOMBINASI ABDOMINAL STRECHING
EXERCISE DAN KOMPRES AIR HANGAT UNTUK
PENURUNAN KELUHAN NYERI *DISMENORE*
PADA REMAJA**

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ABSTRAK

Dismenore atau nyeri haid merupakan masalah kesehatan reproduksi yang umum dialami remaja putri, berdampak negatif pada aktivitas dan kualitas hidup mereka. Penanganan *dismenore* terdapat dua secara farmakologis dan non-farmakologis. Secara farmakologis meliputi penggunaan obat anti-inflamasi non-steroid (NSAID), sedangkan secara non-farmakologis terdapat beberapa cara diantaranya *Abdominal stretching exercise* dan kompres air hangat. Penelitian ini bertujuan mengetahui pengaruh kombinasi *Abdominal stretching exercise* dan kompres air hangat terhadap penurunan keluhan nyeri *dismenore* pada remaja. Menggunakan desain pre-eksperimen one group *pre-test - post-test*, studi ini melibatkan 40 mahasiswi S1 Kebidanan Universitas Bhakti Kencana, dipilih dengan *purposive sampling*. Data dikumpulkan melalui kuesioner dan dianalisis dengan uji Wilcoxon. Hasil menunjukkan penurunan signifikan skala nyeri *dismenore* setelah intervensi. Sebelumnya, sebagian besar responden (37,5%) mengalami nyeri ringan, namun setelah intervensi proporsi tersebut meningkat menjadi (45,2%). Uji Wilcoxon menunjukkan penurunan signifikan pada skala *dismenore* setelah intervensi *Abdominal stretching exercise* dan kompres air hangat ($p < 0,05$). Selain itu, penelitian ini menggali potensi kombinasi *Abdominal stretching exercise* dan kompres air hangat sebagai pendekatan non-farmakologis yang efektif. Kesimpulannya, *Abdominal stretching exercise* dan kompres air hangat terbukti efektif dalam mengurangi keluhan nyeri *dismenore* pada remaja putri, memberikann alternative penanganan yang aman dan mudah diterapkan untuk meningkatkan kualitas hidup selama menstruasi.

Kata kunci: *Abdominal Stretching Exercise*, *dismenore*, kesehatan reproduksi, kompres hangat, remaja putri

**ADMINISTRATION OF COMBINED ABDOMINAL STRETCHING
EXERCISE AND WARM WATER COMPRESS TO REDUCE
DYSMENORRHEA PAIN COMPLAINTS
IN ADOLESCENTS**

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ABSTRACT

Dysmenorrhea or menstrual pain is a common reproductive health problem experienced by adolescent girls, negatively impacting their activities and quality of life. There are two approaches to managing dysmenorrhea: pharmacological and non-pharmacological. Pharmacological methods include the use of non-steroidal anti-inflammatory drugs (NSAIDs), while non-pharmacological methods include several techniques such as Abdominal stretching exercise and warm water compresses. This study aims to determine the effect of combining Abdominal stretching exercise and warm water compresses on reducing dysmenorrhea complaints in adolescents. Using a pre-experimental one-group pre-test - post-test design, this study involved 40 undergraduate Midwifery students from Bhakti Kencana University, selected through purposive sampling. Data were collected through questionnaires and analyzed using the Wilcoxon test. Results showed a significant decrease in dysmenorrhea pain scale after the intervention. Previously, the majority of respondents (37.5%) experienced mild pain, but after the intervention, this proportion increased to (45.2%). The Wilcoxon test showed a significant decrease in the dysmenorrhea scale after the Abdominal stretching exercise and warm water compress intervention ($p < 0.05$). Additionally, this study explored the potential of combining Abdominal stretching exercise and warm water compresses as an effective non-pharmacological approach. In conclusion, Abdominal stretching exercise and warm water compresses proved effective in reducing dysmenorrhea pain complaints in adolescent girls, providing a safe and easily applicable alternative treatment to improve quality of life during menstruation.

Keywords: *Abdominal Stretching Exercise, adolescent girls, dysmenorrhea, reproductive health, warm compress*