APPLICATION OF ABDOMINAL STRETCHING EXERCISE ON THE SCALE OF DYSMENORRHEA IN ADOLESCENT GIRLS AT NGORESAN COMMUNITY HEALTH CENTER

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ABSTRACT

Background: *Dysmenorrhea is menstrual pain that occurs during menstruation and is commonly experienced by adolescent girls, which can interfere with daily activities, learning processes, and reduce quality of life. In Indonesia, the incidence of dysmenorrhea reaches 64.25%, while in Central Java the prevalence is around 56% and in Surakarta it reaches 89.8%. One non-pharmacological management that can be done to help reduce dysmenorrhea pain is abdominal stretching exercise.* ***Objective:*** *This study aims to describe the results of the dysmenorrhea scale after abdominal stretching exercise was performed on adolescent girls at Ngoresan Community Health Center.* ***Method:*** *The method used was a descriptive case study of two adolescent girls with dysmenorrhea. Pain intensity was measured using the Numeric Rating Scale (NRS). The abdominal stretching exercise intervention was carried out for 10–15 minutes, once a day for three days.* ***Results:*** *Before the intervention, Ms. A experienced severe pain with a score of 7 and Ms. B a score of 5. After three days of abdominal stretching exercise, the pain scale decreased to 4 in Ms. A and 2 in Ms. B.* ***Conclusion:*** *This study shows that abdominal stretching exercise can reduce the dysmenorrhea scale in adolescent girls.*

Keywords: *Dysmenorrhea, abdominal stretching exercises, adolescent girl*