WARM COMPRESS APPLICATION IN REDUCING PRIMARY DYSMENORRHEA PAIN AMONG FEMALE COLLEGE STUDENTS

Nabila Fitriyani Putri Natasiya[1], Dyah Rahmawatie Ratna Budi Utami[2]
Program Studi Diploma III Keperawatan
Fakultas Ilmu Kesehatan
Universitas ‘Aisyiyah Surakarta
Jl. Ki Hajar Dewantara No.10, Jawa, Kec. Jebres, Kota Surakarta, Jawa Tengah 57146
Email: nanabilafpn@gmail.com

ABSTRACT

Background: *Primary dysmenorrhea is menstrual pain without pathological abnormalities in the reproductive organs and is commonly experienced by adolescent girls and female college students. It may interfere with daily activities, learning concentration, and quality of life. Warm compresses are one of the non-pharmacological therapies used to relieve menstrual pain.* ***Objective:*** *To describe the implementation of warm compress therapy in reducing primary dysmenorrhea pain among female students at Universitas 'Aisyiyah Surakarta.* ***Methods:*** *This descriptive case study involved two female students with primary dysmenorrhea. Pain intensity was measured using the Visual Analogue Scale (VAS) before and after applying a warm compress at 37–40°C for 15–20 minutes to the lower abdomen.* ***Results:*** *Before the intervention, both respondents experienced severe pain with VAS scores of 7 and 8. After the intervention, both pain scores decreased to 4, indicating moderate pain. Pain intensity decreased by 3 points in the first respondent and 4 points in the second respondent.* ***Conclusion:*** *Warm compress therapy helped reduce the intensity of primary dysmenorrhea pain from severe to moderate among the respondents.*

Keywords: *primary dysmenorrhea, warm compress, female college students, menstrual pain*