THE APPLICATION OF DYSMENORRHEA EXERCISES TO REDUCE THE INTENSITY OF MENSTRUAL PAIN IN ADOLESCENT GIRLS

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ABTRACT

Background : Dysmenorrhea is a common reproductive health issue experienced by adolescent girls and can interfere with daily activities. WHO data show that approximately 90% of women worldwide experience dysmenorrhea, while in Indonesia the prevalence rate reaches 64.25%. Dysmenorrhea can be managed through both pharmacological and non-pharmacological approaches. One recommended non-pharmacological therapy is dysmenorrhea exercises, which can improve blood circulation and stimulate the release of endorphins, thereby reducing pain perception. **Objective:** The purpose of this study is to determine the effectiveness of dysmenorrhea exercises in reducing the severity of menstrual pain.**Method:** The study employed a descriptive design with pre- and post-intervention pain assessments. subjects of this study were two 14-year-old girls (Ms. A and Ms. N) with grade 2 dysmenorrhea in Pakis Taji Village, Mojosongo, Boyolali. The dysmenorrhea exercise program was conducted for 3 consecutive days—from the first to the third day of menstruation—in the morning and afternoon, lasting approximately 30 minutes each session and consisting of warm-up, core, and cool-down exercises. Pain was measured using the Numeric Rating Scale (NRS) observation sheet. **Results of the intervention:** The pain scale for Nn.A decreased from 6 to 3, while that for Nn.N decreased from 5 to 2. It can be concluded that the use of dysmenorrhea exercises is effective in reducing menstrual pain in adolescent girls and can therefore be recommended as a nonpharmacological intervention for managing dysmenorrhea.

Keywords: exercise for dysmenorrhea, menstrual pain scale, adolescent girls