The Effect of Abdominal Effleurage Massage on the Reduction of Primary Dysmenorrhea Among Adolescent Girls at SMK Negeri 3 Surakarta

Maharani Dian Novita[1], Sri Handayani[2]
202216001@students.unisa-surakarta.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Primary dysmenorrhea is menstrual pain without any pathological abnormalities in the reproductive organs and is commonly experienced by adolescent girls. This condition can interfere with daily activities, learning concentration, and quality of life. Based on a preliminary study conducted at SMK Negeri 3 Surakarta, most female students experienced primary dysmenorrhea. One of the non-pharmacological methods that can be used to reduce menstrual pain is abdominal effleurage massage.* ***Objective:*** *To determine the effect of abdominal effleurage massage on reducing primary dysmenorrhea among adolescent girls at SMK Negeri 3 Surakarta.* ***Methods:*** *This study employed a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 24 adolescent girls experiencing primary dysmenorrhea selected using a simple random sampling technique. Pain intensity was measured using the Numeric Rating Scale (NRS) and analyzed using the Wilcoxon Signed Rank Test.* ***Results:*** *The average level of primary dysmenorrhea before the administration of abdominal effleurage massage was 4.13 and decreased to 1.79 after the intervention. The Wilcoxon Signed Rank Test showed a Z value of -4.301 and a p-value of 0.000 ($p<0.05$), indicating a significant effect of abdominal effleurage massage on reducing primary dysmenorrhea among adolescent girls at SMK Negeri 3 Surakarta.* ***Conclusion:*** *Abdominal effleurage massage is effective in reducing the pain intensity of primary dysmenorrhea.*

Keywords: *Primary Dysmenorrhea, Abdominal Effleurage Massage, Adolescent Girls.*