THE EFFECT OF ELECTRIC HEATING PAD WARM COMPRESS ON REDUCING DYSMENORRHEA PAIN AMONG ADOLESCENT GIRLS AT GLOBAL CENDEKIA HEALTH VOCATIONAL SCHOOL, JAKARTA

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ABSTRACT

Background: *Dysmenorrhea is a condition characterized by pain during menstruation, commonly experienced as cramping in the lower abdomen and recurring during each menstrual cycle. The use of an electric heating pad as a warm compress is a non-pharmacological therapy that can be applied as an intervention to reduce menstrual pain.* ***Objective:*** *To determine the effect of an electric heating pad warm compress on reducing dysmenorrhea pain among adolescent girls at Global Cendekia Health Vocational School, Jakarta.* ***Research Design:*** *This study employed a pre-experimental design using a one-group pretest-posttest approach. The population consisted of 90 adolescent girls, with a sample of 30 respondents. The instruments used were the Numeric Rating Scale (NRS) and an electric heating pad.* ***Statistical Test:*** *The data were analyzed using the Wilcoxon Signed-Rank Test.* ***Results:*** *The results showed a statistically significant effect of the electric heating pad warm compress intervention on reducing dysmenorrhea pain, as indicated by a p-value of 0.000, which was less than 0.05.* ***Conclusion:*** *The findings indicate that the use of an electric heating pad warm compress has a significant effect on dysmenorrhea pain among adolescent girls at Global Cendekia Health Vocational School, Jakarta. This intervention is expected to serve as one of the non-pharmacological therapeutic options for managing dysmenorrhea-related menstrual pain.*

Keywords: *Electric Heating Pad, Dysmenorrhea*