PENGARUH SENAM *DISMENOREA* TERHADAP PENURUNAN NYERI HAID (*DISMENOREA*) PADA REMAJA PUTRI SMP DAARUL TAUHID BOARDING SCHOOL BATAM TAHUN 2024

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INTISARI

Dismenorea adalah nyeri perut yang berasal dari kram perut rahim dan terjadi selama menstruasiikarena pengelupasan lapisan endometrium. Senam dismenorea dapat meningkatkani terjadinya pelepasan hormon endorfhin sehingga ambang batas nyeri turun. Nyeri yang tidak segera ditangani dapat berdampak buruk pada produktivitas remaja termasuk kegiatan belajar dan dapat yang mengganggu aktivitas sehari-hari. Penelitian ini bertujuan untuk mengetahui efektifitas pengaruh senam dismenorea terhadap nyeri dismenorea yang terjadi pada remaja iputri. Jenis penelitian ini menggunakan *Pre Eksperimental* dengan rancangan *One Group Pretest Posttest Design*. Sampel penelitian ini berjumlah 16 remaja putri dengan *disminorea*. Hasil penelitian menunjukkan adanya penurunan tingkat skala nyeri *disminorea* sebelum dan sesudah dilakukan senam dismenorea. Sebelum dilakukan senam dismenorea di dapatkan 1 responden (6,3 %) dengan nyeri ringan, 13 responden (81,3 %) dengan nyeri sedang, 2 reponden (12,5%) dengan nyeri berat. Setelah dilakukan terapi akupresure terjadi penurunan tingkat nyeri yaitu 2 (12,5%) reponden dengan skala tidak nyeri, 10 responden (62,3%) nyeri ringan, dan 4 responden (25,0%) nyeri sedang. Dengan nilai mean sebelum dilakukan senam dismenorea adalah (5.19), kemudian terjadi penurunan mean sesudah diberikan intervensi senam dismenorea selama 3 hari menjadi (2,75%). Berdasarkan *output test* Uji statistik *Paired Sample T-test* diperoleh hasil signifikansi sebesar 0,000 5% (*p-value* = 0,000 < 0,05), sehingga dapat disimpulkan bahwa ada pengaruh senam *dismenorea* terhadap penurunan nyeri haid (dismenorea) pada remaja putri SMP Daarul Tauhid Boarding School Kota Batam Tahun 2024. Dihaparakan kepada remaja putri dapat menerapkan senam dismenorea dalam penenagan non farmakologi terhadap nyeri *disminorea* dengan memahami langkah-langkah dalam pelaksanaan senam dismenorea.

THE EFFECT OF DYSMENORHEA EXERCISES ON REDUCING MENSTRUAL PAIN (DYSMENORRHEA) IN ADOLESCENT GIRLS OF DAARUL SMP TAUHID BOARDING SCHOOL BATAM IN 2024

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ABSTRACK

Dysmenorrhea is abdominal pain that originates *from uterine abdominal cramps and occurs during menstruation due to exfoliation of the endometrial lining. Dysmenorrhea exercises can increase the release of endorphin hormones so that the pain threshold decreases. Pain that is not treated immediately can have a negative impact on teenagers' productivity, including learning activities, and can interfere with daily activities. This study aims to determine the effectiveness of dysmenorrhoea exercises on dysmenorrhoea pain that occurs in adolescent girls. This type of research uses Pre Experimental with a One Group Pretest Posttest Design. The sample for this study consisted of 16 young women with dysmenorrhoea. The results of the study showed that there was a decrease in the level of dysmenorrhoea pain scale before and after dysmenorrhoea exercises. Before the dysmenorrhea exercise was carried out, there was 1 respondent (6.3%) with mild pain, 13 respondents (81.3%) with moderate pain, 2 respondents (12.5%) with severe pain. After carrying out acupressure therapy, there was a decrease in the level of pain, namely 2 (12.5%) respondents with no pain scale, 10 respondents (62.3%) had mild pain, and 4 respondents (25.0%) had moderate pain. The mean value before the dysmenorrhoea exercise was (5.19), then there was a decrease in the mean after the dysmenorrhea exercise intervention was given for 3 days to (2.75%). Based on the test output of the Paired Sample T-test statistical test, a significance result of 0.000 5% was obtained (p-value = 0.000 < 0.05), so it can be concluded that there is an influence of dysmenorrhea exercise on reducing menstrual pain (dysmenorrhea) in young women at Daarul Tauhid Middle School. Batam City Boarding School in 2024. It is hoped that young women will be able to apply acupressure therapy as a non-pharmacological treatment for dysmenorrhea pain by understand the steps in implementing dysmenorrhoea exercise.*