THE IMPLEMENTATION OF ABDOMINAL STRETCHING TO REDUCE DISMENORE ON THE TEENAGERS IN GRIYAN PAJANG, LAWEYAN, SURAKARTA

ABSTRACT

Background: Adolescence is a human development period in which major change called puberty occurs. Singular sign of puberty on female teenagers is menstruation. However, many of them face menstrual problems including dismenore. Dismenore is a pain on the stomach occurring during menstruation. Abdominal Stretching is a non-pharmacological therapy to reduce dismenore.

Aim: To identify the implementation of abdominal stretching to reduce dismenore in Griyan RT 04/01 Pajang, Laweyan, Surakarta in 2018.

Method: This research used case study method with descriptive design.

Findings: Before the implementation of abdominal stretching, both Mrs. D’s and Mrs. R’s menstrual pain is on medium scale, 5 and 6 respectively. Meanwhile after being treated with abdominal stretching for three days, their menstrual pain decreases by 3 points.

Conclusion: The implementation of abdominal stretching can decrease dismenore and can be used as a non-pharmacological therapy for people with dismenore.

Keywords: Dismenore, Abdominal Stretching