

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Tugas Akhir, 13 November 2024

Mely Berlyana Huta Haeon

Pengaruh *Stretching Abdominal Exercise* Terhadap Intensitas Nyeri *Dismenore Primer* pada Remaja Awal Di Smp Negeri 12 Pekanbaru Tahun 2024

Xiv + 44 Halaman + 4 Tabel + 14 Lampiran

ABSTRAK

Dismenore adalah nyeri kram di perut bagian bawah yang dimulai sebelum atau saat *menstruasi*. Prevalensi terjadinya *dismenore* pada wanita di dunia sebesar 90% dengan 10-15% dari mereka mengalami *dismenore* berat. *Dismenore* pada wanita di Indonesia sebesar 64,25% yang terklasifikasikan menjadi 54,89% *dismenore primer* dan sebanyak 9,36% *dismenore sekunder* tahun 2021. Penanganan *dismenore primer* dapat dilakukan dengan pengobatan non farmakologi yaitu dengan *stretching abdominal exercise*. *Stretching abdominal exercise* adalah teknik meregangkan otot pada abdomen selama 10-15 menit. Tujuan dari penelitian ini untuk mengetahui pengaruh *stretching abdominal exercise* terhadap intensitas nyeri *dismenore primer* pada remaja awal di SMP Negeri 12 Pekanbaru tahun 2024. Jumlah responden sebanyak 19 orang, dengan jenis penelitian kuantitatif yang menggunakan desain *Quasi Eksperiment* dengan pendekatan *one group pre-test – post-test design*. Hasil penelitian ini didapatkan *dismenore primer* pada responden setelah melakukan *abdominal stretching* turun, dilihat dari hasil mean *pretest* dan *posttest* yaitu 5.89 turun menjadi 2.89. Hasil uji T diperoleh hasil p value 0,000. Kesimpulan bahwa adanya pengaruh *abdominal stretching* sebelum dan sesudah diberikan intervensi. Penelitian ini merekomendasikan agar kegiatan *exercise* sebaiknya dilakukan secara terus menerus dan berkesinambungan oleh pihak sekolah sehingga dapat mengatasi nyeri *dismenore* dengan cara *stretching abdominal exercise*.

Kata Kunci : *Stretching Abdominal, Dismenore Primer, Remaja Awal*
Daftar Bacaan : 32 (2019 – 2024)

**BACHELOR OF NURSING PROGRAM, FACULTY OF NURSING
PAYUNG NEGERI PEKANBARU INSTITUTE OF HEALTH SCIENCE**

Research, 13 November 2024

Mely Berlyana Huta Haeen

***The Effect of Abdominal Stretching Exercises on the Intensity of Primary
Dysmenorrhea in Early Adolescents at SMP Negeri 12 Pekanbaru 2024***

xiv + 44 + 4 Tables + 14 appendixes

ABSTRACT

Dysmenorrhea is cramping pain in the lower abdomen that starts before or during menstruation. The prevalence of dysmenorrhea among women worldwide is 90%, with 10-15% of them experiencing severe dysmenorrhea. Dysmenorrhea in women in Indonesia is 64.25%, classified into 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea in 2021. Management of primary dysmenorrhea can be done with non-pharmacological treatment, namely through abdominal stretching exercises. Stretching abdominal exercise is a technique for stretching the abdominal muscles for 10-15 minutes. The purpose of this study is to determine the effect of abdominal stretching exercises on the intensity of primary dysmenorrhea pain in early adolescents at SMP Negeri 12 Pekanbaru in 2024. The number of respondents was 19 people, with a quantitative research type using a Quasi-Experimental design with a one group pre-test – post-test design approach. The results of this study showed that primary dysmenorrhea in respondents decreased after performing abdominal stretching, as seen from the mean pretest and posttest results, which went from 5.89 to 2.89. The results of the T-test obtained a p-value of 0.000. Conclusion that there is an influence of abdominal stretching before and after the intervention was given. This study recommends that exercise activities should be carried out continuously and consistently by the school authorities in order to address dysmenorrhea pain through abdominal stretching exercises.

Keywords : *Abdominal Stretching, Primary Dysmenorrhea, Early Adolescence*

References : *32 (2019 – 2024)*