

ABSTRAK

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PENGARUH *ABDOMINAL STRETCHING EXERCISE* TERHADAP
DISMENORE PADA REMAJA PUTRI DI SMP MUHAMMADIYAH 9
SURABAYA

xvi + 59 Halaman + 7 Tabel + 18 Lampiran

Kondisi dismenore pada remaja perempuan sering kali berdampak negatif pada aktivitas akademik dan kesejahteraan personal. Guna mengatasinya, *abdominal stretching exercise* hadir sebagai alternatif terapi non-farmakologis yang efektif. Mekanisme kerja latihan ini melibatkan peregangan otot abdomen yang bertujuan meningkatkan sirkulasi darah ke area panggul sekaligus meredakan ketegangan otot. Fokus utama penelitian ini adalah menganalisis efektivitas latihan tersebut dalam menurunkan derajat nyeri haid.

Penelitian ini menggunakan desain *pre-eksperimental* dengan pendekatan *one-group pretest-posttest design* pada satu kelompok. *Purposive Sampling* digunakan untuk memilih 35 siswi SMP yang mengalami dismenore. Variabel dependen adalah intensitas dismenore yang diukur menggunakan *Numeric Rating Scale*, variabel independent adalah *Abdominal stretching exercise*, intervensi dilakukan melalui VidioCall WhatsApp. Uji *Wilcoxon Signed Rank Test* digunakan untuk menganalisis data.

Intensitas dismenore sebelum dan setelah intervensi *abdominal stretching exercise* berbeda secara signifikan, menurut hasil uji *Wilcoxon*. Hasil uji menunjukkan menunjukkan nilai $Z = -4.264$ dengan $p\text{-value} = 0.000$. Sebagian besar siswi mengalami penurunan tingkat nyeri dari sedang menjadi ringan atau bahkan tidak nyeri sama sekali.

Abdominal stretching exercise efektif sebagai intervensi keperawatan komplementer dalam menurunkan dismenore pada remaja putri.

Kata Kunci: Dismenore, *Abdominal Stretching Exercise*, Nyeri Haid

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ABSTRACT

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*THE EFFECT OF ABDOMINAL STRETCHING EXERCISE ON
DYSMENORRHEA IN ADOLESCENT GIRLS AT SMP MUHAMMADIYAH 9
SURABAYA*

xvi + 59 Pages + 7 Tables + 18 Appendices

Menstrual pain, or dysmenorrhea, is common in teenage females and can affect their quality of life and ability to learn. One non-pharmacological treatment for pain management is abdominal stretching exercises. By extending the abdominal muscles, these workouts aim to relieve tension and improve blood flow to the reproductive organs. The purpose of this study is to examine how stretching exercises for the abdomen can lessen the severity of dysmenorrhea.

A pre-experimental design with a one-group pretest-posttest methodology was employed in this investigation. Thirty-five junior high school students with dysmenorrhea were chosen using purposeful sampling. The degree of dysmenorrhea, as determined by a numerical rating scale, was the dependent variable. Stretching exercises for the abdomen were the independent variable, and a WhatsApp video call was used for the intervention. The Wilcoxon Signed Rank Test was used to analyze the data.

The Wilcoxon test results showed a significant difference in the intensity of dysmenorrhea before and after the abdominal stretching exercise intervention. The test results revealed a p-value of 0.000 and a Z value of -4.264. The majority of pupils reported feeling less pain—from moderate to mild or even none at all.

Adolescent girls' dysmenorrhea can be effectively reduced with the use of abdominal stretching exercises as a supplemental nursing intervention.

Keywords: Dysmenorrhea, Abdominal Stretching Exercise, Menstrual Pain

References : 43 Journals, 4 books (2019-2025)