

ABSTRAK

PENGARUH LATIHAN PEREGANGAN PERUT TERHADAP INTENSITAS NYERI MENSTRUASI PADA REMAJA PUTRI DI SMPN 1 PANGARENGAN KABUPATEN SAMPANG

Nurul Laili, Mohammad Najib, Dr. Dhiana Setyorini

nurullaili0706@mail.com

Nyeri menstruasi sering dialami oleh remaja putri dan berpotensi menurunkan konsentrasi belajar serta kualitas hidup. Latihan peregangan perut menjadi salah satu intervensi nonfarmakologis pilihan karena aspek keamanannya dan kemudahan dalam pengaplikasiannya bagi subjek, yang berperan dalam meningkatkan kelenturan otot serta membantu memperlancar sirkulasi darah. Studi ini bertujuan untuk menganalisis pengaruh latihan peregangan perut terhadap intensitas nyeri menstruasi pada remaja putri di SMPN 1 Pangarengan. Desain penelitian menggunakan *pre-eksperimental* dengan *one group pretest-posttest design*. Sampel berjumlah 46 responden yang dipilih menggunakan teknik purposive sampling. Intensitas nyeri pretest-posttest diukur menggunakan kuesioner yang kemudian diolah dengan menerapkan uji *Wilcoxon Signed Rank Test*. Hasil studi ini menunjukkan adanya penurunan intensitas nyeri menstruasi setelah pemberian intervensi dengan nilai $p = 0,000$ ($p < 0,05$). Melalui rangkaian analisis ini, dapat disimpulkan mengenai latihan peregangan perut memiliki pengaruh yang signifikan dalam menurunkan nyeri menstruasi. dan dapat direkomendasikan sebagai terapi nonfarmakologis bagi remaja putri.

Kata kunci: nyeri menstruasi, latihan peregangan perut, remaja putri.

ABSTRACT

THE EFFECT OF ABDOMINAL STRETCHING EXERCISES ON MENSTRUAL PAIN INTENSITY IN FEMALE ADOLESCENTS AT SMPN 1 PANGARENGAN SAMPANG REGANCY

Nurul Laili, Mohammad Najib, Dr. Dhiana Setyorini

nurullaili0706@mail.com

Menstrual pain is commonly experienced by female adolescents and has the potential to impair learning concentration and quality of life. Abdominal stretching exercises have become a preferred non-pharmacological intervention due to their safety and ease of application for subjects, playing a role in enhancing muscle flexibility and improving blood circulation. This study aims to analyze the effect of abdominal stretching exercises on the intensity of menstrual pain among female adolescents at SMPN 1 Pangarengan. The research utilized a pre-experimental approach with a one-group pretest–posttest design. A sample of 46 respondents was selected using a purposive sampling technique. Pretest and posttest pain intensities were measured using a questionnaire, and the data were subsequently processed by applying the Wilcoxon Signed Rank Test. The results of this study indicate a decrease in menstrual pain intensity following the intervention, with a p-value of 0.000 ($p < 0.05$). Through this series of analyses, it can be concluded that abdominal stretching exercises have a significant influence on reducing menstrual pain and can be recommended as a non- pharmacological therapy for female adolescents.

Keywords: menstrual pain, abdominal stretching exercises, adolescent girls.