Abstrak

LITERATUR REVIEW EFEKTIFITAS ABDOMINAL STRETCHING EXERCISE TERHADAP PENURUNAN DISMENOREA PRIMER REMAJA PUTRI

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Latar Belakang: Remaja adalah peralihan kanak-kanak menuju dewasa. Tanda pertumbuhan remaja salah satunya adalah mulai berfungsinya alat-alat reproduksi, yaitu menstruasi pada wanita. Sebagian remaja putri mengalami gangguan nyeri haid yang disebut dengan *dismenorea*. *Dismenorea* adalah nyeri yang dirasakan satu hingga beberapa hari sebelum atau selama menstruasi. *Abdominal stretching exercise* adalah latihan peregangan otot perut yang dapat meningkatkan perfusi darah sehingga dapat melancarkan aliran darah dan merelaksasikan otot-otot uterus.

Metodologi: Literatur review yang dicari dari database *ScholarGoogle* didapatkan sebanyak enam belas jurnal yang diterbitkan antara tahun 2016-2020, dengan kata kunci pencarian *abdominal stretching exercise* terhadap *dismenorea* remaja putri. Kriteria inklusi dalam pencarian adalah jurnal nasional maupun internasional yang membahas topik pengaruh *abdominal stretching exercise* terhadap *dismenorea* pada remaja putri, tahun terbit jurnal dalam rentang waktu 2016-2020, dan jurnal dalam bentuk *full text* (dapat diakses secara penuh). Kriteria eksklusi dalam pencarian adalah jurnal nasional maupun internasional yang membahas topik *dismenorea* sekunder, tahun terbit jurnal dibawah tahun 2016, dan jurnal tidak dalam bentuk *full text* (tidak dapat diakses penuh).

Hasil Penelitian: Dari penelitian-penelitian yang sudah dilakukan, menunjukkan bahwa *abdominal stretching exercise* dapat menurunkan intensitas nyeri *dismenorea* yang dialami oleh remaja. *Abdominal stretching exercise* efektif dilakukan satu hari sebelum menstruasi sampai hari kedua menstruasi. Namun tidak semua responden mengalami penurunan intensitas nyeri, hal ini dikarenakan beberapa faktor salah satunya adalah usia *menarche* dini.

Kesimpulan: *Abdominal stretching exercise* memiliki pengaruh dalam menurunkan intensitas nyeri *dismenorea*.

Kata Kunci: *Dismenorea, Abdominal Stretching Exercise*

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Abstract

LITERATURE REVIEW ON THE EFFECTIVENESS OF ABDOMINAL STRETCHING EXERCISE TOWARD THE REDUCTION OF PRIMARY DYSMENORRHOEA OF FEMALE TEENAGERS

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Background: Teenager was a transition from childhood to adulthood. One of the indications of teenager growth was the start on the function of the reproductive organs, namely menstruation for female. Some female teenagers experienced menstrual pain disorder called dysmenorrhoea. Dysmenorrhoea was pain that was felt one to several days before or during menstruation. Abdominal stretching exercise was a stretching exercise on abdominal muscle that can improve blood perfusion so that it can expedite the blood flow and relax the uterus muscles.

Methodology: The literature review searched from the *ScholarGoogle* database obtained sixteen journals published between 2016-2020, with the searching keyword of abdominal stretching exercise toward dysmenorrhoea on female teenagers. Inclusion criteria in the searching process were national and international journals that discuss the topic of the effects of abdominal stretching exercise on dysmenorrhoea in female teenagers, the journal publication was within the 2016-2020, and journals were in the form of full text (fully accessible). Exclusion criteria in the searching were national and international journals that discuss the topic of secondary dysmenorrhea, the year of journal publication was under 2016, and the journals were not in the form of full text (not fully accessible).

Research Results: Based on the previous studies that have been done, it showed that abdominal stretching exercise can reduce the intensity of dysmenorrhoea experienced by teenagers. Abdominal stretching exercises were effectively done from one day before menstruation to the second day of menstruation.. But not all respondents experienced a reduce in pain intensity, this was due to several factors one of which was the age of early *menarche*.

Conclusion: Abdominal stretching exercise had proven to be effect in reducing the intensity of dysmenorrhoea pain.

Keywords: Dysmenorrhoea, Abdominal Stretching Exercise

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