

ABSTRAK

PERBEDAAN *ABDOMINAL STRETCHING EXERCISE* DENGAN PEMBERIAN KOMPRES HANGAT DALAM MENGURANGI NYERI DISMENORHEA PRIMER REMAJA PUTRI

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Latar Belakang: *Abdominal stretching exercise* dan kompres hangat merupakan dua intervensi yang telah terbukti efektif untuk menurunkan skala nyeri dismenorea primer. Tujuan penelitian untuk mengetahui perbandingan antara intervensi *Abdominal Stretching Exercise* dengan intervensi pemberian kompres hangat dalam mengurangi nyeri dismenorea primer pada remaja putri.

Metodologi: Penelitian eksperimental dengan pendekatan *Two grup pre-test post-test design*. Jumlah sampel keseluruhan 23 orang setiap kelompok dengan *accidental sampling*. Pengukuran skala nyeri menggunakan NRS. Analisis univariat dilakukan dengan analisis deskriptif. Analisis bivariat dilakukan uji *Shapiro-Wilk*, uji *Levene's test*, uji *Paired Simple T-test* dan uji *Independent T-test*.

Hasil Penelitian: Nilai rata-rata skala nyeri awal 5,61 pada kelompok kompres hangat dan 6,00 pada kelompok *abdominal stretching exercise*. Nilai rata-rata skala nyeri pada *Post-test* kelompok kompres hangat 3,52 dan kelompok *abdominal stretching exercise* 2,30. Pada kedua kelompok, uji normalitas data didapat $p < 0,05$ dan uji homogenitas $p = 0,05$. Hasil uji *Paired Simple T-test* dalam setiap kelompok didapat $p < 0,05$ dan uji *Independent T-test* antar kelompok didapat nilai $p < 0,05$.

Kesimpulan: Terdapat perbedaan yang bermakna dalam penurunan nyeri dismenorea primer pada remaja putri antara kelompok kompres hangat dengan kelompok *abdominal stretching exercise*.

Kata Kunci: *Dismenorea, Abdominal Stretching exercise, Kompres Hangat*

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ABSTRACT

THE DIFFERENCE OF ABDOMINAL STRETCHING EXERCISE WITH WARM COMPRESS IN REDUCING YOUNG WOMEN'S DYSMENORRHEA PAIN

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Background: Abdominal stretching exercise and warm compress are interventions that have been effective for reducing the scale of primary dysmenorrhea pain. Research aims to determine the comparison between abdominal stretching exercise intervention versus warm compress intervention in reducing primary dysmenorrhea pain in young women.

Methodology: Experimental research with approach to two pre-test post-test design. The total number of samples was 23 people each group with accidental sampling. The scale of pain measures using the NRS. Univariate analysis is done with a descriptive analysis. Bivariate analysis does with Shapiro-wilk normality test, Levene's homogeneity test, Paired Simple T-test and Independent T-test.

Research results: An average value of initial pain levels is 5,61 for warm compress group and 6,00 for abdominal stretching exercise group. The average amount of pain at Post-test in the warm compress group is 3,52 and in the abdominal stretching exercise group is 2,30. In both groups, the normality data test are obtained $p < 0,05$ and the homogeneity test $p = 0,05$. Simple T-test results individual groups are obtained $p < 0,05$ and Independent T-test between groups obtained $p < 0,05$.

Conclusion: There is a significant difference in the decline in the young women's primary dysmenorrhea pain between the hot compress group and the abdominal stretching exercise group.

Keywords: Dysmenorrhea, Abdominal Stretching exercise, Warm compress

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