

**PERBEDAAN EFEKTIFITAS KOMPRES HANGAT PADA AREA
LUMBAL DAN ABDOMINAL TERHADAP DISMENORHEA MAHASISWI
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Abstrak

Latar Belakang: *Dismenorhea* kebanyakan pada usia remaja dan menyebabkan ketidaknyamanan aktivitas sehari-hari dapat ditangani kompres hangat. Uterus dipersarafi oleh L1-S4 stimulasi pada *lumbal* dapat merangsang saraf desenden sehingga menghambat impuls nyeri, dan menghasilkan analgesik fisiologis. Penelitian ini bertujuan mengetahui perbedaan efektifitas kompres hangat area *lumbal* dan *abdominal* terhadap nyeri *dismenorhea*.

Metode: Penelitian ini menggunakan desain *quasy experimental pretest and posttest with control group*. Populasi adalah 1.670 mahasiswi Unsoed berstatus aktif. Jumlah sampel 36 responden dibagi menjadi kelompok *lumbal* dan kelompok *abdominal*. Teknik pengambilan sampel menggunakan *accidental sampling*. Instrumen menggunakan kuesioner skala nyeri dengan *Numerical Rating Scale*. Data dianalisis menggunakan Uji *Wilcoxon*, *Mann-Whitney*, dan *Independent-Samples t-test*.

Hasil: Rerata usia kedua kelompok 20.86 tahun, usia *menarche* 12.25 tahun, tekanan darah sistol 101.67 dan diastol 60.83, nadi 78.28, RR 17.44. Terdapat penurunan signifikan pada kelompok *lumbal* dan kelompok *abdominal* terhadap *dismenorhea* dengan nilai $p=0,000$. Tidak terdapat perbedaan *pretest* antara kedua kelompok dengan nilai $p=0,517$. Tidak terdapat perbedaan efektifitas *posttest* antara kedua kelompok dengan nilai $p=0,251$.

Kesimpulan: Tidak terdapat perbedaan efektifitas kompres hangat antara kelompok *lumbal* dan kelompok *abdominal* terhadap *dismenorhea*.

Kata Kunci: *Abdominal*, *Dismenorhea*, Kompres Hangat, *Lumbal*, TTV

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**THE EFFECTIVENESS OF WARM COMPRESS ON AN AREA OF
LUMBAR AND ABDOMINAL TOWARD DYSMENORRHEA ON HEALTH
SCIENCE'S STUDENT FACULTY IN THE UNIVERSITY OF
JENDERAL SOEDIRMAN PURWOKERTO**

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Abstract

Background: *Dysmenorrhea* mostly occur among adolescence and causes of discomfort during daily activity. It can be handled by warm compress. The uterus is innervated by L1-S4 stimulation in *lumbar* region and it can stimulate nerves desenden. It causes block impulse pain, and produce analgesic physiological. The aim of this study was to eximine the differences of effectiveness warm compress *lumbar* and *abdominal* region toward *dysmenorrhea*.

Method: The design of this study was used *quasy experimental pretest and posttest with control group*. The population of active Unsoed students was 1.670. The total sample was 36 respondents, and it was divided into *lumbar* and *abdominal* region. Sampling technique used *accidental sampling*. *Numerical Rating Scale* was used as instrumental quistionare. The data were analyzed by *Wilcoxon, Mann-Whitney, and Independent-Samples t-test*.

Result: The mean scores of age for each group was 20,86 years and *menarche*'s was 12,25 years, the blood systole pressure was 101,67 and 60.83 was the diastole pressure, the pulse was 78,28, RR was 17,44. There was a significant decreases of pain for *lumbar* and *abdominal* region toward *dysmenorrhea* with $p=0,000$. There was no differences score of pretest between *lumbar* and *abdominal* region with $p=0,517$. There was no differences effectiveness of *posttest* score between *lumbar* and *abdominal* region with $p=0,251$.

Conclusion: There was no difference effectiveness of warm compress between *lumbar* and *abdominal* region against *dysmenorrhea*.

Keyword: *Abdominal, Dysmenorrhea, Lumbar, Vital Sign, Warm Compress*

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