

Health Polytechnic Ministry of Health Bandung
Bogor Nursing DIII Study Program

Siti Shofia Nurmila
NIM. P17320320085

The Application of Counterpressure Massage to Reduce Dysmenorrhea Pain in
Adolescent Girls at SMP PGRI 12 Bogor City

i-xiv+ 64 pages, V CHAPTER, 4 Table, 4 Attachments

ABSTRACT

Background Adolescents are very vulnerable to various threats of reproductive health problems such as dysmenorrhea. During the menstrual cycle, adolescent girls usually experience abdominal cramps or dysmenorrhea, dysmenorrhea is a complaint of pain due to an imbalance of progesterone hormone in the blood in the female reproductive system. Dysmenorrhea management usually uses pharmacological and non-pharmacological measures. The application of non-pharmacological therapy by performing Counterpressure massage therapy is considered safe, comfortable and easy to do for adolescent girls who are experiencing dysmenorrhea pain. **This research method** uses descriptive research, the purpose of this study is to determine the level of menstrual pain in adolescents at SMP PGRI 12 Bogor City after getting the application of Counterpressure Massage. Respondents were obtained as many as three people who fit the inclusion and exclusion criteria. Data analysis used in this case study is descriptive analysis. **The results** of this case study showed a decrease in the level of dysmenorrhea pain in the three respondents with a pain level before application of 6.3 (moderate pain) and after the application of Counterpressure massage to 0 (no pain) for 4 days with 4 meetings, where each meeting was applied for 20 minutes. **The conclusion** of this case study is that counterpressure massage can reduce dysmenorrhea pain in adolescent girls at SMP 12 PGRI in Bogor City. **Suggestions** are expected that counterpressure massage can be done independently and become a recommendation for young women who have dysmenorrhea pain problems.

Keywords: Teenager girl, dysmenorrhea pain, counterpressure massage

Bibliography: 13 sources (2013-2023)

Politeknik Kesehatan Kementerian Kesehatan Bandung
Program Studi Keperawatan Bogor

Siti Shofia Nurmila
NIM.P17320320085

Penerapan *Counterpressure massage* Untuk Mengurangi Nyeri Haid (Disminore)
Pada Remaja Putri Di SMP PGRI 12 Kota Bogor

i-xiv+ 64 halaman, V BAB, 3 Gambar, 4 Tabel, 4 Lampiran

ABSTRAK

Latar Belakang Remaja sangat rentan terhadap berbagai ancaman resiko masalah kesehatan reproduksi seperti dismenore. Selama siklus menstruasi berjalan remaja putri biasanya mengalami kram perut atau Disminore, Disminore adalah keluhan rasa nyeri akibat ketidakseimbangan hormone progesteron dalam darah pada sistem reproduksi wanita. Penatalaksanaan dismenore biasanya menggunakan tindakan farmakologis dan non farmakologis. Penerapan terapi non-farmakologi dengan melakukan terapi *Counterpressure massage* dianggap aman, nyaman dan mudah dilakukan bagi remaja putri yang sedang mengalami nyeri disminore. Metode Penelitian ini menggunakan jenis penelitian deskriptif, Tujuan dalam Penelitian ini untuk mengetahui tingkat nyeri haid pada remaja di SMP PGRI 12 Kota Bogor setelah mendapatkan penerapan *Counterpressure Massage*. Responden di dapatkan sebanyak tiga orang yang sesuai dengan kriteria inklusi dan eksklusi. Analisa data yang digunakan dalam studi kasus ini adalah analisi deskriptif. Hasil dari studi kasus ini terdapat penurunan tingkat nyeri dismenore pada ke-tiga responden dengan tingkat nyeri sebelum penerapan 6,3 (nyeri sedang) dan setelah dilakukan penerapan *Counterpressure massage* menjadi 0 (tidak ada nyeri) selama 4 hari dengan 4 kali pertemuan, dimana di setiap pertemuan dilakukan penerapan selama 20 menit. Kesimpulan dari studi kasus ini *counterpressure massage* dapat menurunkan nyeri dismenore pada remaja putri di SMP 12 PGRI di Kota Bogor. Saran di harapkan *massage counterpressure* dapat dilakukan secara mandiri.

Kata Kunci : Remaja putri, Nyeri Haid (Disminorhe), *Counterpressure massage*
Daftar Pustaka : 13 sumber (2013-2022)