

ABSTRAK

Disminore didefinisikan sebagai gejala kekambuhan atau dalam istilah medis disebut catmenial pelvic pain, merupakan keadaan seorang perempuan mengalami nyeri saat menstruasi yang berefek buruk menyebabkan gangguan melakukan aktivitas harian karena nyeri yang dirasakan. Penanganan nyeri disminore terbagi dalam 2 kategori yaitu penanganan non farmakologis dan farmakologis. Tujuan penelitian ini untuk mengetahui pengaruh teknik relaksasi dan kompres hangat terhadap penurunan nyeri disminore pada remaja di desa pucangan kecamatan kauman tulungagung.

Desain penelitian menggunakan experiment dengan metode (*one grub pre test – post test*). Lokasi penelitian di desa pucangan kecamatan kauman tulungagung, populasi 70 responden, sampel sebesar 30 responden. Menggunakan uji statistik *wilcoxon signed ranks*. Pengukuran dan penilaian menggunakan lembar observasi.

Hasil observasi dan penelitian didapatkan 30 responden yang mengalami penurunan nyeri disminore setelah dilakukan teknik relaksasi dan kompres hangat ada sebanyak 21 responden. Hasil uji statistik *wilcoxon signed ranks test* diperoleh p value $< \alpha$ atau $0.000 < 0,05$ Maka H_0 ditolak dan H_1 diterima, yaitu ada pengaruh teknik relaksasi dan kompres hangat terhadap penurunan nyeri disminore

Berdasarkan hasil diatas dapat disimpulkan bahwa ada Pengaruh Teknik Relaksasi Dan Kompres Terhadap Penurunan Nyeri Disminore Pada Remaja Di Desa Pucangan Kecamatan Kauman Tulungagung Tahun 2021. Oleh karena itu disarankan untuk para remaja apabila mengalami nyeri disminore dapat melakukan terapi non farmakologis berupa teknik relaksasi dan kompres hangat mandiri dirumah

ABSTRACT

Dysmenorrhea is defined as a symptom of recurrence or in medical terms it is called catmenial pelvic pain, is a condition in which a woman experiences pain during menstruation which has a bad effect causing disturbances in carrying out daily activities because of the pain. Dysmenorrhea pain management is divided into 2 categories, namely non-pharmacological and pharmacological approaches. The purpose of this study was to determine the effect of relaxation techniques and warm compresses on reducing dysmenorrhea pain in adolescents in Pucangan Village, Kauman District, Tulungagung.

The research design uses an experimental method (one grub pre test – post test). The research location is in Pucangan village, Kauman sub-district, Tulungagung, population of 70 members, sample of 30 respondents. Using wilcoxon signed ranks statistical test. Measurement and assessment using observation sheets.

The results of observations and research found 30 respondents who experienced a decrease in dysmenorrhea pain after relaxation techniques and warm compresses were 21 respondents. The results of the Wilcoxon signed ranks test statistical test obtained p value $< \alpha$ or $0.000 < 0.05$ Then H_0 is rejected and H_1 is accepted, that is, there is an effect of relaxation techniques and warm compresses on reducing dysmenorrhea pain on reducing dysmenorrhea pain.

Based on the results above, it can be concluded that there is an effect of relaxation and compression techniques on reducing dysmenorrhea pain in adolescents in Pucangan village, Kauman sub-district, Tulungagung in 2021. Therefore, it is recommended that teenagers if they experience dysmenorrhea pain can do non-pharmacological therapy in the form of relaxation techniques and independent warm compresses. at home.