

PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN  
UNIVERSITAS MUHAMMADIYAH SEMARANG

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Fariz

Pengaruh Latihan Abdominal Stretching Terhadap Tingkat Nyeri Haid Remaja  
Putri di SMAN 3 Brebes

xiv + 47halaman + 9 Tabel + 6 Lampiran + 3 Skema + 3 Gambar

Abstrak

Dismenore adalah nyeri selama menstruasi yang disebabkan oleh kejang otot uterus. Dismenore dapat menimbulkan dampak bagi aktivitas para wanita jika tidak ditangani, khususnya remaja. Dismenore dapat diturunkan salah satunya dengan latihan *abdominal stretching*. Tujuan penelitian ini untuk mengetahui pengaruh latihan *abdominal stretching* terhadap tingkat nyeri haid pada remaja putri. Penelitian ini merupakan jenis penelitian quasi eksperimen dengan rancangan *control group design pre-test and post-test*. Total sampel adalah sebanyak 130 responden remaja putri, dibagi menjadi 2 grup, yaitu kelompok intervensi dan kelompok kontrol. Hasil penelitian menggunakan uji *wilcoxon* diperoleh nilai signifikan 0,000 ( $p < 0,005$ ) yang artinya terdapat pengaruh yang bermakna latihan *abdominal stretching* terhadap tingkat nyeri haid (dismenore) pada remaja putri. Latihan abdominal stretching mampu memicu endorphin (opiate alami) yang mampu untuk mengurangi nyeri. Disarankan untuk mengaplikasikan latihan *abdominal stretching* dalam memberikan asuhan keperawatan untuk mengatasi nyeri haid.

Kata kunci : dismenore, latihan *abdominal stretching*, tingkat nyeri  
Pustaka : 42 (2006-2017)

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Fariz Yulian Pratama*

*The Effect of Abdominal Stretching Exercise for Menstrual Pain Level of  
Teenagers Students SMAN 3 Brebes*

*xiv + 47 pages + 9 Table + 6 Attachmennt + 3 Scheme + 3 Picture*

*Abtract*

*Dysmenorrhea is painful during menstruation which caused by uterus contraction. Dysmenorrhea can cause an effect for women's activities if it is not gained an action, especially for the teenagers. Dysmenorrhea (Menstrual pain) can be decreased, one of them is by abdominal stretching exercise. The aim of the research is to determine the effect of abdominal stretching exercise for the level of menstruation pain (dysmenorrhea). This study is a quasi experiment with design of control group design per-test and post-test. The total sample is 130 respondent of teenagers, which is devided into two groups, they are a group intervention and control. The result of the research uses Wilcoxon test which gained the significant value 0,000 ( $p < 0,005$ ) it means that there is an influence to abdominal stretching exercise to the menstrual pain level to rhe female adolescents. Practising of abdominal stretching is able to trigger endorphin that can decerase pain. It is suggested to apply abdominal stretching exercise in giving upbringing of nursing to overcome mentrual pain.*

*Key words : dysmenorrhea, abdominal stretching exercise, pain level  
Refrences : 42 (2006-2017)*