ABSTRACT

Dysmenorrhea is a medical condition characterised by severe uterine pain during menstruation manifesting as cyclical lower abdominal pain. The study aim is to compare the effectiveness between acupressure and mefenamic acid to decrease the intensity of dysmenorrhea. Research design is pre experimental study with pretest-posttest group design. Data taken from questionnaire sheet and observation sheet. First, measure the intensity of dysmenorrhea before given acupressure or mefenamic acid. Second, give acupressure or mefenamic acid treatment. Third, measure the intensity of dysmenorrhea one hour after acupressure or mefenamic acid treatment. Fourth, compare the two treatment groups between acupressure and mefenamic acid method. The study was conducted in midwifery department Sutomo of Poltekkes Kemenkes Surabaya. Quota sample use with sample of 44 people. The data is statistically test with wilcoxon signed rank test and mann whitney test.

The results show that most of the respondents are 19 years old, most menarche at age 12, most menstruating more than or equal to 7 days, mostly uninterrupted with dysmenorrhea and most handled dysmenorrhea complaints by resting. Wilcoxon tests show degradation of dysmenorrhea p=0.000 that means acupressure or mefenamic acid can decrease the intensity of dysmenorrhea. Mann whitney test shows p=0.021 that means there is a difference in effectiveness between acupressure and mefenamic acid method.

In conclusion, there is a difference in effectiveness between acupressure and mefenamic acid method to decrease the intensity of dysmenorrhea. Mefenamic acid more effective than acupressure to decrease the intensity of dysmenorrhea.

Keywords: dysmenorrhea, acupressure, mefenamic acid