

ABSTRACT

THE EFFECT OF CAT STRETCH EXERCISE ON THE RELIEVE OF MENSTRUAL PAIN (DYSMENORRHEA) AND VITAL SIGN IN ADOLESCENCE

at RT 06 RW IV Rungkut Menanggal Harapan, Surabaya

By : Anita Nurmasitoh

Menstruation is a period of uterine fluid discharge due to endometrial detachment, which is often accompanied with pain. This condition is called as dysmenorrhea, which is caused by estrogen stimulation in uterine contractility. In such condition, a woman may has to leave her work or activities in several hours or days. Cat stretch exercise 3 times consecutively which is done during dysmenorrhea can relax uterine muscles and increase β -endorphin in the blood, so it can reduce the pain. This study was aimed to analyze the effect of cat stretch exercise on the relieve of menstrual pain and vital sign in adolescence at RT 06 RW IV Rungkut Menanggal Harapan, Surabaya.

This study used pre experimental (one group pre test post test) design. The population is adolescence at RT 06 RW IV Rungkut Menanggal Harapan, Surabaya, involving 12 respondents recruded by purposive sampling. Data were collected by using questionnaire and observation of blood pressure, heart rate and respiratory rate before and 10 minutes after treatment. Data were analyzed using wilcoxon signed rank test and paired t-test with significance level of $p < 0.05$.

Results showed that cat stretch exercise has significance effect on the relieve of menstrual pain ($p = 0.002$), blood pressure ($p = 0.001$), heart rate ($p = 0.001$), and respiratory rate ($p = 0.002$).

It can be concluded that the cat stretch exercise has effect on the relieve of menstrual pain (dysmenorrhea), blood pressure, heart rate and respiratory rate. Health education should be given to adolescence at RT 06 RW IV Rungkut Menanggal Harapan, Surabaya about cat stretch exercise by nurse in community health center. For further research it should measure the effect of cat stretch exercise on level of β -endorphin.

Keywords: dysmenorrhea, cat stretch exercise, blood pressure, heart rate, respiratory rate.