

ABSTRACT**THE EFFECT OF DYSMENORRHEA GYMNASTIC TO REDUCING PAIN DYSMENORRHEA IN ADOLESCENT AT SMAN 6 KEDIRI**

Quasy Experimental

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Dysmenorrhea is pain in the lower abdominal felt during menstruation. Quite a lot of methods can be used to reduce dysmenorrheal, one of which was dysmenorrhea gymnastic. Dysmenorrhea gymnastic was one of the relaxation technique that can be used to reduce pain because the body will produce endorphin, hormone that serves as a natural sedative and make comfortable. This study was aimed to determine the effect of dismenorrhea gymnastic to reducing pain dismenorrhea in adolescent at SMAN 6 Kediri.

The study design used quasy exsperiment with non equivalent control group design. The population of this study was the student class X who dysmenorrheal, amouting to 79 people. The sampling technique used purposive sampling, so got the number of samples 21 people for each experimental group and the control group. Instrument in this study used a questionnaire and observation sheet of dysmenorrhea gymnastic. Data analysis was performed with SPSS to nonparametric statistical test *Mann-Whitney U Test*.

Result showed that the average (*mean*) dysmenorrhea pain scale in the experimental group before doing dysmenorrhea gymnastic was 4,14 and after dysmenorrhea gymnastic to 3,33. While the average (*mean*) dysmenorrhea pain scale in the control group before the study was 4,14 and after the study was 3,90. In statistical test of *Mann-Withney U Test* showed p-value $0,017 < \alpha 0,05$, so H1 was accepted which means there was the effect of dismenorrhea gymnastic to reducing pain dismenorrhea in adolescent at SMAN 6 Kediri.

Based on these result, dysmenorrhea gymnastic can be used as a nursing intervention and alternative non pharmacological therapies for pain management of dysmenorrhea. Further research is expected can be controlled for factors that can affect the scale of dysmenorrhea pain, perform better monitoring in doing dysmenorrhea gymnastic with predetermined time for sure to obtain more accurate results.

Keywords : *dysmenorrhea gymnastic, dysmenorrheal, and teenagers*