

**ABSTRAK**

**EFEKTIFITAS KOMBINASI KEGEL *EXERCISES* DAN *HOT GINGER*  
TERHADAP INTENSITAS DISMENORE PADA REMAJA DENGAN  
PENDEKATAN MODEL TEORI ADAPTASI ROY**

Penelitian Quasy Experimental di Fakultas Keperawatan Universitas Airlangga  
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Wanita dengan dismenore memiliki produksi *prostaglandin F<sub>2α</sub>* berlebih sehingga menyebabkan kontraksi berlebihan pada miometrium yang menyebabkan peregangan pada ligamen uterosakral yang juga berkontribusi terhadap dismenore. Kegel *exercises* dapat meningkatkan kekuatan otot dasar pelvis, meningkatkan aliran darah pada panggul dan merangsang pelepasan  $\beta$  endorfin. Jahe dapat menekan sintesis *prostaglandin* melalui inhibisi *COX*.

Penelitian ini menggunakan desain *quasy experimental* dengan total sampel 24 siswi yang diambil berdasarkan teknik *purposive sampling* dan dibagi menjadi tiga kelompok. Variabel independen adalah kombinasi Kegel *exercises* dan *hot ginger*, *hot ginger*, dan aroma terapi *jasmine*. Variabel dependen adalah intensitas dismenore. Data dikumpulkan menggunakan kuesioner dan dianalisis menggunakan *Wilcoxon Signed Rank Test* dan *Kruskal Wallis Test* dengan tingkat signifikan  $\alpha \leq 0,05$ .

Hasil *Wilcoxon Signed Rank Test* pada nilai skala nyeri kelompok perlakuan  $p=0,01$ , kelompok kontrol 1  $p=0,02$  dan kelompok kontrol 2  $p=0,034$ . Hasil *Kruskal Wallis Test* terhadap penurunan nilai skala nyeri pada ketiga kelompok  $p=0,13$ .

Sehingga dapat disimpulkan bahwa kombinasi Kegel *exercises* dan *hot ginger* dapat menurunkan nilai skala nyeri terutama pada usia 13 tahun tetapi tidak lebih efektif dibanding dengan intervensi lain pada kelompok kontrol.

**Kata kunci:** dismenore, kegel *exercises*, *hot ginger*

**ABSTRACT**

**THE EFFECTIVENESS OF KEGEL EXERCISES AND HOT GINGER COMBINATION TOWARD THE DYSMENORRHEA INTENSITY IN ADOLESCENT BASED ON ROY ADAPTATION THEORY**

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Women with dysmenorrhea have prostaglandin  $F2\alpha$  excessive production causing excessive contraction in the myometrium, it causes the ligament uterosacral stretching which also contribute to dysmenorrhea. Kegel exercises can improve the pelvic floor muscles strength, increase blood flow to the pelvis and stimulates the  $\beta$  endorphins. Ginger can suppress the synthesis of prostaglandin by inhibiting COX.

Quasy experimental design was used in this study. Sample of 24 female respondent were taken by purposive sampling and divided into three group. The independent variable were the combination of Kegel exercises and hot ginger, hot ginger, and jasmine aromatherapy. The dependent variable was the intensity of dysmenorrhea. Data were collected using a questionnaire and analyzed using Wilcoxon Signed Rank test and Kruskal Wallis test with a significant level  $\alpha \leq 0,05$ .

Wilcoxon Signed Rank Test result in pain scale score of the treatment group  $p=0,01$ , control group 1  $p=0,02$ , and control group 2  $p=0,034$ . The Kruskal Wallis Test result towards the pain scale score decrease in these three groups  $p=0,13$ .

In conclusion, the combination of Kegel exercises and hot ginger can decrease pain scale value especially in 13 years old female students but it is not more effective than the other intervention in control groups.

**Keyword:** dysmenorrhea, kegel exercises, hot ginger