

ABSTRACT

THE EFFECTIVENESS OF CUPPING THERAPY TO REDUCTION OF INTENSITY DYSMENORRHEA SYMPTOMS AND VITAL SIGNS

Quasy Experimental with Post test design only

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Introduction: Dysmenorrhea made intolerance to work and absene from work or school. This situation made someone to be unproductive. This study was aimed to determine that cupping therapy is effective to reduction the intensity of dysmenorrhea and vital signs (pulse, systolic and diastolic blood pressure). **Methods:** This type of research was a *quasy experimental design* study with the *posttest design only design* . The population were all of the female students aged 18-23 years who had primary dysmenorrhea. The sampling method was *quota sample* with 42 samples that devided into experimental group and control group. The independent variable was cupping therapy and the dependent variable was the intensity of dysmenorrhea and vital signs . The instruments used in this study were questionnaire sheets and observation sheets. Data analysis used *Mann Whitney U Test*. **Result:** The result showed that $p= 0,000$ means that there are differences in the effectiveness of cupping therapy in the control group to decrease the intensity of symptoms of dysmenorrhea. In the pulse variable the results were $p= 0.596$, cystole blood pressure $p= 0.213$, and diastole $p= 0.639$. **Discussion:** It can be concluded that, there are differences in effectiveness between groups given cupping therapy with the control group to decrease the intensity of dysmenorrhea, for pulse variables, systolic and diastolic blood pressure there was no difference between the two groups.

Keywords: *dysmenorrhea, cupping therapy , vital sign*