

## ABSTRAK

### PENGARUH *ABDOMINAL STRETCHING EXERCISE* TERHADAP TINGKAT *DISMENOIRE* PADA MAHASISWA D3 KEPERAWATAN TUBAN

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*Dismenore* masih banyak dialami oleh wanita, nyeri haid muncul hingga beberapa hari selama menstruasi. *Dismenore* dapat mengganggu aktivitas sehari-hari. *Abdominal stretching exercise* yang merupakan latihan peregangan otot terutama pada perut, latihan ini dapat mengurangi nyeri haid. Data *dismenore* di Indonesia sebanyak 55%, dimana 15% diantaranya mengeluhkan aktivitas menjadi terganggu akibat *dismenore*. Tujuan penelitian ini adalah untuk mengetahui pengaruh *abdominal stretching exercise* terhadap tingkat *dismenore* pada mahasiswa D3 Keperawatan Tuban.

Penelitian ini menggunakan penelitian kuantitatif, rancangan penelitian menggunakan pra-eksperimental (one group pra-post test design). Populasi dalam penelitian ini adalah 62 responden, dengan besar sampel 17 responden yang diambil dengan *proportionate stratified random sampling*. Variabel independen pada penelitian ini *abominal stretching exercise*. Variabel dependen pada penelitian ini adalah tingkat *dismenore*. Data dikumpulkan menggunakan lembar observasi dengan instrumen skala numerik *Numerical Rating Scale* (NRS) sebelum dan sesudah melakukan *abdominal stretching exercise*. Data dianalisis menggunakan uji wilcoxon.

Hasil uji statistik Wilcoxon dengan sig (2-tailed)  $p < 0,001$  berarti nilai  $p < 0,05$  maka H1 diterima dan H0 ditolak artinya ada pengaruh *abdominal stretching exercise* terhadap tingkat *dismenore* pada mahasiswa D3 Keperawatan Tuban.

Pemberian *abdominal stretching exercise* dapat menurunkan tingkat *dismenore*. Latihan *abdominal stretching exercise* yang dilakukan selama *dismenore* terbukti berpengaruh terhadap penurunan kadar hormon prostaglandine dan intensitas nyeri pada *dismenore* sehingga *abdominal stretching exercise* ini membantu mengatasi *dismenore*.

**Kata Kunci:** *Abdominal Stretching Exercise*, Tingkat *Dismenore*, Remaja

## **ABSTRACT**

### **THE EFFECT OF ABDOMINAL STRETCHING EXERCISE ON THE LEVEL DYSMENORRHEA OF NURSING STUDENTS IN D3 KEPERAWATAN TUBAN**

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*Dysmenorrhea is still experienced by many women, menstrual pain appears for several days during menstruation. Dysmenorrhea can interfere with daily activities. Abdominal stretching exercise which is a muscle stretching exercise, especially in the abdomen, this exercise can reduce menstrual pain. Data for dysmenorrhea in Indonesia is 55%, of which 15% complain that their activities are disrupted due to dysmenorrhea. The purpose of this study was to determine the effect of abdominal stretching exercise on the level of dysmenorrhea in D3 Keperawatan Tuban.*

*This research uses quantitative research, the research design uses pre-experimental (one group pre-post test design). The population in this study was 62 respondents, with a sample size of 17 respondents who were taken by proportionate stratified random sampling. The independent variable in this study was abdominal stretching exercise. The dependent variable in this study was the level of dysmenorrhea. Data were collected using an observation sheet with a Numerical Rating Scale (NRS) instrument before and after performing abdominal stretching exercises. The data were analyzed using the Wilcoxon test.*

*The results of the Wilcoxon statistical test with sig (2-tailed)  $p = <0.001$  meaning  $p$ -value  $<0.05$ , then  $H_1$  is accepted and  $H_0$  is rejected, meaning that there is an effect of abdominal stretching exercise on the level of dysmenorrhea in D3 Keperawatan Tuban.*

*Giving abdominal stretching exercise can reduce the level of dysmenorrhea. Abdominal stretching exercise performed during dysmenorrhea has been shown to have an effect on decreasing levels of the hormone prostaglandin and pain intensity in dysmenorrhea so that this abdominal stretching exercise helps to overcome dysmenorrhea.*

**Keywords: Abdominal Stretching Exercise, Dysmenorrhea Rate, Adolescents**