

# KOMBINASI GERAKAN *CAT STRETCH EXERCISE* DENGAN TEKNIK *COUNTER PRESSURE* TERHADAP NYERI MENSTRUASI (DISMENORE) PADA SISWI KELAS VII DI SMPN 13 DEPOK

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## Abstrak

Nyeri menstruasi atau dismenore disebabkan oleh ketidakseimbangan hormon progesteron, yang menyebabkan kram selama menstruasi. Kondisi ini memengaruhi sekitar 29% perempuan, dengan 12% di antaranya sering absen dari sekolah setiap bulan. Penelitian ini bertujuan untuk menganalisis dampak kombinasi gerakan *cat stretch exercise* (CSE) dengan teknik *counter pressure* (CP) terhadap nyeri menstruasi pada siswi kelas VII di SMPN 13 Depok. Penelitian ini menggunakan desain kuasi-eksperimen dengan pendekatan *pre-test* dan *post-test*, melibatkan kelompok intervensi dan kontrol. Sebanyak 56 responden dipilih menggunakan metode *purposive sampling* dan dibagi menjadi dua kelompok. Intensitas nyeri diukur dengan menggunakan skala *Numeric Rating Scale* (NRS), dan intervensi dilakukan sesuai dengan SOP. Analisis data dilakukan dengan uji *Paired Sample T-Test* dan *Independent T-Test* untuk menilai pengaruh serta perbedaan antar kelompok. Hasil penelitian menunjukkan skor rata-rata nyeri *pre-test* kelompok intervensi sebesar  $4,36 \pm 1,471$  dan kelompok kontrol  $4,71 \pm 2,034$ , tanpa perbedaan signifikan ( $p=0,455$ ). Setelah intervensi, skor rata-rata nyeri pada kelompok intervensi turun signifikan menjadi  $2,14 \pm 1,407$  dibanding kelompok kontrol  $3,21 \pm 1,931$  ( $p=0,021$ ). Kesimpulannya,  $H_a$  diterima dan kombinasi gerakan *cat stretch exercise* dengan teknik *counter pressure* efektif mengurangi nyeri menstruasi. Latihan ini disarankan sebagai bagian dari program kesehatan sekolah untuk mendukung kesejahteraan siswi.

**Kata kunci:** Cat Stretch Exercise, Counter Pressure, Nyeri Menstruasi, Remaja.

# COMBINATION OF CAT STRETCH EXERCISE MOVEMENTS WITH COUNTER PRESSURE TECHNIQUE ON MENSTRUAL PAIN (DYSMENORRHEA) IN SEVENTH- GRADE STUDENTS AT SMPN 13 DEPOK

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## Abstract

Menstrual pain, or dysmenorrhea, results from an imbalance in the hormone progesterone, causing cramps during menstruation. This condition affects about 29% of women, with 12% frequently missing school each month. This study aims to evaluate the effectiveness of combining cat stretch exercises (CSE) with counter pressure (CP) techniques in reducing menstrual pain among seventh-grade students at SMPN 13 Depok. The research utilized a quasi-experimental design with a pre-test and post-test approach, involving intervention and control groups. A total of 56 respondents were selected through purposive sampling and divided into two groups. Pain intensity was measured using the Numeric Rating Scale (NRS), and the intervention was conducted following standard operating procedures (SOP). Data analysis employed Paired Sample T-Test and Independent T-Test to evaluate the impact and differences between groups. Results showed that the average pre-test pain score was  $4.36 \pm 1.471$  in the intervention group and  $4.71 \pm 2.034$  in the control group, with no significant difference ( $p=0.455$ ). After the intervention, the intervention group experienced a significant reduction in average pain score to  $2.14 \pm 1.407$ , compared to  $3.21 \pm 1.931$  in the control group ( $p=0.021$ ). In conclusion, the alternative hypothesis ( $H_a$ ) is accepted, indicating that the combination of cat stretch exercises with counter pressure techniques is effective in alleviating menstrual pain. This method is recommended as part of school health programs to promote student well-being.

**Keywords:** Adolescents, Cat Stretch Exercise, Counter-Pressure, Menstrual Pain.