

# EFEKTIFITAS DEMONSTRASI TERAPI *MASSAGE EFFLEURAGE* DAN *ABDOMINAL STRETCHING* TERHADAP NYERI HAID (*DYSMENORHE*) PADA REMAJA PUTRI SMA NEGERI 104 JAKARTA MELALUI DARING

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## Abstrak

Remaja peralihan dari anak-anak menuju dewasa, remaja putri mengalami perkembangan pada organ reproduksi dan akan mengalami *menarche*. Pada tahap ini sering sekali remaja mengalami dismenore yang dapat mengganggu aktifitas remaja. Penelitian ini bertujuan untuk mengetahui efektifitas demonstrasi terapi *massage effleurage* dan *abdominal stretching* terhadap nyeri haid (*Dysmenorhe*) pada remaja putri di SMA Negeri 104 Jakarta. Jenis penelitian ini adalah *quasi eksperiment* dengan desain *Pretest* dan *Posttest*. Teknik pengambilan sampel pada penelitian ini adalah menggunakan *purposive sampling*. Jumlah sampel pada penelitian berjumlah 52 responden dimana 26 responden kelompok *massage effleurage* dan 26 responden kelompok *abdominal stretching*. Hasil analisis data menggunakan uji beda dua mean dependen (*paired t-test*). Hasil penelitian ini menunjukkan penurunan rata-rata intensitas nyeri sebelum dan sesudah dilakukan terapi *massage effleurage* sebesar 4,63 sedangkan *abdominal stretching* sebesar 3,84. Hasil uji *paired t-test*  $p = 0,000 < \alpha (0,05)$ . Nilai korelasi *massage effleurage* > nilai korelasi *abdominal stretching*. *Massage effleurage* lebih efektif terhadap intensitas nyeri haid dibandingkan *abdominal stretching*. Bagi remaja putri yang mengalami nyeri haid dapat menggunakan terapi *massage effleurage* dan *abdominal stretching* untuk menurunkan rasa nyeri haid yang dialaminya.

**Kata Kunci :** *Abdominal Stretching*, *Massage Effleurage*, Nyeri Haid, Remaja

**THE EFFECTIVENESS OF DEMONSTRATION OF  
MASSAGE EFFLEURAGE AND ABDOMINAL  
STRETCHING THERAPY ON HAID PAIN  
(DYSMENORHE) IN ADOLESCENT PRINCESSS OF SMA  
NEGERI 104 JAKARTA THROUGH DARING**

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**Abstract**

Adolescents transition from children to adulthood, young women experience development in the reproductive organs and menarche will experience. At this stage adolescents often experience dysmenorrhea that can interfere with adolescent activities. This study aims to determine the effectiveness of demonstration massage therapy effleurage and abdominal stretching against menstrual pain (Dysmenorhe) in young women at SMA Negeri 104 Jakarta. This type of research is a quasi experiment with Pretest and Posttest designs. The sampling technique in this study is using purposive sampling. The number of samples in the study amounted to 52 respondents in which 26 respondents in the massage effleurage group and 26 respondents in the abdominal stretching group. The results of data analysis using the two mean dependent test (paired t-test). The results of this study showed an average decrease in pain intensity before and after massage therapy effleurage was 4.63 while abdominal stretching was 3.84. Paired t-test results  $p = 0,000 < \alpha (0.05)$ . Massage effleurage correlation value > abdominal stretching correlation value. Massage effleurage is more effective on the intensity of menstrual pain compared to abdominal stretching. For young women who experience menstrual pain can use effleurage massage therapy and abdominal stretching to reduce menstrual pain they experience.

**Keywords:** Abdominal Stretching, Adolescent Girls, Massage Effleurage, Menstrual Pain