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**Edukasi *Abdominal Streaching Exercise* Terhadap Pengetahuan Siswi
Tentang Upaya Untuk Mengurangi *Dismenore* Di SMK Jaya Mandiri**

ABSTRAK

xiii bagian awal + 59 hlm + 4 tabel + 12 gambar + 10 lampiran

Dismenore merupakan salah satu masalah yang umum dialami wanita dari berbagai tingkat usia, nyeri dirasakan pada bagian bawah abdomen menjalar sampai ke pinggang, dirasakan menjelang atau saat menstruasi. Sehingga bila ini terjadi biasanya mengganggu aktifitas terutama bagi remaja putri tidak konsentrasi belajar, bahkan ada yang sampai pingsan. Banyak upaya yang dilakukan untuk penanganan *dismenore* tanpa obat. Salah satunya dengan *Abdominal Streaching Exercise*. Tujuan penelitian mengetahui pengaruh edukasi *abdominal streaching exercise* terhadap pengetahuan siswi untuk mengurangi *dismenore* di SMK Jaya Mandiri. Jenis penelitian kuantitatif dengan pendekatan metode *Quasi Experimen one grup pre-test* dan *post-test without control*. Sampel penelitian remaja putri di SMK Jaya Mandiri sebanyak 49 orang dengan teknik *total sampling*. Data diperoleh menggunakan kuesioner dan analisis dengan uji T Test. Hasil penelitian didapatkan rata-rata skor pengetahuan pada siswi sebelum dilakukan edukasi adalah 13,2 dan meningkat sesudah dilakukan edukasi menjadi 17,16. Hasil uji statistik diperoleh p value sebesar 0,000 artinya ada pengaruh edukasi *abdominal streaching exercise* terhadap pengetahuan siswi untuk mengurangi *dismenore* di SMK Jaya Mandiri. Kesimpulan edukasi *abdominal streaching exercise* dapat meningkatkan pengetahuan siswi untuk mengurangi *dismenore*. Saran bagi perawat untuk memberikan penyuluhan ke sekolah-sekolah tentang penanganan *dismenore* secara non farmakologi diantaranya *abdominal streaching exercise*.

Kata Kunci : *abdominal streaching exercise*, *dismenore*, edukasi, remaja putri
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Abdominal Stretching Exercise Education on Student Knowledge about Efforts to Reduce Dysmenorrhea at SMK Jaya Mandiri

ABSTRACT

xiii initial part + 59 pp + 4 tables + 12 figures + 10 appendices

Dysmenorrhea is one of the common problems experienced by women of various ages, pain is felt in the lower abdomen radiating to the waist, felt before or during menstruation. So when this happens, it usually interferes with activities, especially for young women who do not concentrate on learning, some even faint. Many efforts are made to treat dysmenorrhea without drugs. One of them is with Abdominal Stretching Exercise. The purpose of the study was to determine the effect of abdominal stretching exercise education on students' knowledge to reduce dysmenorrhea at SMK Jaya Mandiri. Type of quantitative research with Quasi Experiment method approach one group pre-test and post-test without control. The research sample of adolescent girls at SMK Jaya Mandiri was 49 people with total sampling techniques. Data were obtained using questionnaires and analysis with T Test. The results of the study found that the average knowledge score in female students before education was carried out was 13.2 and increased after education to 17.16. The results of the statistical test obtained p value of 0.000 means that there is an influence of abdominal stretching exercise education on the knowledge of female students to reduce dysmenorrhea at SMK Jaya Mandiri. Conclusion Abdominal stretching exercise education can increase students' knowledge to reduce dysmenorrhea. Advice for nurses to provide counseling to schools about handling dysmenorrhea in a non-pharmacological manner including abdominal stretching exercises

Keywords: abdominal stretching exercise, education, adolescent girls

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