

**SEKOLAH TINGGI ILMU KESEHATAN ‘AISYIYAH PALEMBANG
PROGRAM STUDI D III KEBIDANAN**

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**Pengaruh Senam Dismenore Terhadap Penurunan Nyeri Dismenore Pada
Mahasiswi D III Kebidanan STIKES ‘Aisyiyah Palembang**

ABSTRAK

Latar Belakang: *Dismenorea* adalah nyeri haid pada perut bagian bawah yang dirasakan pada saat menstruasi dan dapat bersifat primer atau sekunder akibat adanya peningkatan hormon prostaglandin yang mengakibatkan otot uterus berkontraksi, dampak yang terjadi jika *dismenorea* tidak segera ditangani adalah terganggunya aktifitas sehari-hari. Ada beberapa cara untuk mengatasi *dismenorea* salah satunya dengan cara senam dismenore. **Tujuan Penelitian:** penelitian ini bertujuan untuk mengetahui Pengaruh Senam *Dismenorea* Terhadap Penurunan Nyeri *Dismenorea* Pada Mahasiswi D III Kebidanan STIKES ‘Aisyiyah Palembang. **Metode Penelitian:** metode yang digunakan dalam penelitian ini adalah Kuantitatif Quasi Eksperimen Dengan Rancangan One Group Pre And Posttest. **Hasil Penelitian:** Hasil penelitian derajat dismenore dari 20 responden sebelum senam dismenore, diketahui bahwa Mahasiswi mengalami Nyeri Ringan (1-3) sebanyak 13 (65,0%), Mahasiswi mengalami Nyeri Sedang (4-6) sebanyak 7 (35,0%). Dan sesudah senam dismenore mahasiswi tidak mengalami nyeri (0) sebanyak 4 (20,0%), mahasiswi mengalami nyeri ringan (1-3) sebanyak 16 (80,0%). Ada Pengaruh Senam Dismenore Terhadap Nyeri Dismenore Pada Mahasiswi D III Kebidanan STIKES ‘Aisyiyah Palembang Tahun 2023

Kata Kunci : Dismenore, Senam Dismenore

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**The Effect of Dysmenorrhea Gymnastics on Dysmenorrhea Pain in Students
of D III Midwifery STIKES 'Aisyiyah Palembang In 2023**

ABSTRACT

Background: Dysmenorrhoea is menstrual pain in the lower abdomen that is felt during menstruation and can be primary or secondary due to an increase in prostaglandin hormones that cause uterine muscles to contract, the impact that occurs if dysmenorrhoea is not treated immediately is the disruption of daily activities there are several ways to overcome dysmenorrhoea, one of which is by means of dysmenorrhea gymnastics. **Research Objective:** this study aims to determine the Effect of Dysmenorrhoea Gymnastics on Reducing Dysmenorrhea Pain in Students of D III Midwifery STIKES 'Aisyiyah Palembang. **Research Method:** the method used in this study is Quantitative Quasi Experiment with One Group Pre And Posttest Design. **Research Results:** The results of research on the degree of dysmenorrhea from 20 respondents before dysmenorrhea gymnastics, it is known that female students experience mild pain (1-3) as much as 13 (65.0%), Female students experienced moderate pain (4-6) as much as 7 (35.0%). And after dysmenorrhea gymnastics female students did not experience pain (0) as much as 4 (20.0%), female students experienced mild pain (1-3) as much as 16 (80.0%). There is an influence of dysmenorrhea gymnastics on dysmenorrhea pain in female students of D III Midwifery STIKES 'Aisyiyah Palembang in 2023

Keywords: Dysmenorrhea, Dysmenorrhea Gymnastics