

ABSTRAK

Julia Fizistri. A (2022). Penerapan Teknik Relaksasi Murottal Dalam Menurunkan Intensitas Nyeri Dismenore Pada Mahasiswi Poltekkes Kemenkes Riau. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (1) Ns. Syafrisar Meri Agritubella, M.Kep (II) Idayanti, S.Pd M.Kes.

Latar belakang: *Dismenorea* didefinisikan sebagai nyeri uterus yang bersifat siklik yang terjadi sebelum atau selama menstruasi. Apa bila tidak diatasi akan menimbulkan masalah pada remaja seperti terganggu aktivitas, penurunan prestasi akademik dan masalah psikologis. Penatalaksanaan *dismenore* dapat dilakukan secara farmakologi dan non farmakologi, terapi non farmakologi yang dapat dilakukan salah satu nya adalah terapi murottal dengan mendengarkan ayat suci Al-Qur'an. **Tujuan Penelitian :** Untuk mendeskripsikan penerapan teknik relaksasi dengan terapi murottal terhadap penurunan intensitas nyeri *dismenore* pada mahasiswi Poltekkes Kemenkes Riau. **Hasil Penelitian :** Intensitas nyeri *dismenore* sebelum dilakukan intervensi murottal alquran surah ar-rahman pada subyek I skala nyeri 5 dan subyek II skala nyeri 4 Intensitas nyeri sedang, intensitas nyeri *dismenore* setelah intervensi selama 5 hari pada subyek I skala nyeri 2 dan subyek II skala nyeri 2 intensitas nyeri ringan. **Kesimpulan :** Hasil penelitian menunjukkan adanya penurunan intensitas nyeri *dismenore* sesudah diterapkan teknik relaksasi murottal alqur'an surah Ar-rahman. **Saran :** Peneliti berharap ini dapat memberikan manfaat terhadap pengembangan ilmu dan teknologi keperawatan sebagai salah satu sumber informasi bagi pelaksanaan studi kasus bidang keperawatan tentang penerapan teknik relaksasi murottal untuk menurunkan intensitas nyeri *dismenore*.

Kata kunci : *Dismenore*, Nyeri, Murottal

ABSTRACT

Julia Fizistri. A (2022). Application of Murottal Relaxation Technique in Reducing Pain Intensity of Dysmenorrhea in Health Polytechnic Students of the Ministry of Health Riau. Case Study research, DIII Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Syafrisar Meri Agritubella, M.Kep (II) Idayanti, S.Pd M.Kes.

Background: *Dysmenorrhea is defined as cyclic uterine pain that occurs before or during menstruation. What if not addressed will cause problems in adolescents such as disturbed activities, decreased academic achievement and psychological problems. The management of dysmenorrhea can be done pharmacologically and non-pharmacologically, one of the non-pharmacological therapies that can be done is murottal therapy by listening to the holy verses of the Qur'an. **Research Objectives:** To describe the application of relaxation techniques with murottal therapy to reduce the intensity of dysmenorrhea pain in students of the Health Polytechnic of the Ministry of Health Riau. **Results:** The intensity of dysmenorrhea pain before the intervention of murottal Al-Qur'an Surah Ar-Rahman on subject I pain scale 5 and subject II pain scale 4 Moderate pain intensity, dysmenorrhea pain intensity after intervention for 5 days on subject I pain scale 2 and subject II pain scale 2 mild pain intensity. **Conclusion:** The results of the study showed a decrease in the intensity of dysmenorrhea pain after the application of the murottal al-Qur'an relaxation technique in Surah Ar-Rahman. **Suggestion:** Researchers hope that this can provide benefits to the development of nursing science and technology as a source of information for the implementation of case studies in the field of nursing about the application of murottal relaxation techniques to reduce the intensity of dysmenorrhea pain.*

Keywords: Dysmenorrhea, Pain, Murottal