

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI D IV KEBIDANAN**

**SKRIPSI, MEI 2020**

**ASFIA SUKMARNIS**

**EFEKTIFITAS KOMBINASI ABDOMINAL STRETCHING EXERCISE  
DAN MUSIK KLASIK TERHADAP INTENSITAS NYERI DISMENORE  
PADA REMAJA PUTRI DI RT/RW 002/016 TEMBILAHAN HULU**

ix + 56 Halaman + 8 Tabel + 2 Bagan + 13 Lampiran

---

**ABSTRAK**

Di Indonesia angka kejadian dismenore sebesar 64,25% yang terdiri dari 54,89 dismenore primer dialami oleh 60-75% remaja. Abdominal stretching exercise dan musik klasik merupakan salah satu terapi non-farmakologis yang dapat di gunakan untuk mengurangi rasa nyeri dismenore. Tujuan penelitian untuk mengetahui pengaruh kombinasi abdominal stretching exercise dan musik klasik terhadap intensitas nyeyri dismenore pada remaja putri. Penelitian ini dilakukan bulan Januari-Mei 2020 di wilayah RT/RW 002/016 Tembilihan Hulu dengan jenis penelitian *quasi eksperimental* dengan *design* menggunakan *one group pretest and posttest design*. Populasi dalam penelitian ini seluruh remaja putri usia 13-17 tahun di RT/RW 002/016 Tembilihan Hulu. Sampel pada penelitian sebanyak 22 orang remaja putri. Hasil penelitian menggunakan uji *t-dependen* dengan derajat kepercayaan 95% menunjukkan rata-rata intensitas nyeri haid sebelum di lakukan latihan kombinasi abdominal stretching exercise dan musik klasik skala nyerinya adalah 4,14 dengan nilai minimum 2 dan maximum 7, setelah di lakukan kombinasi abdominal stetching excercise skala nyerinya adalah 2,18 dengan nilai minimum 0 dan nilai maksimum 5 standar deviation 1,220. Dengan nilai-p sebesar 0,000 ( $p < 0,05$ ) ada perbedaan rata-rata yang signifikan antara rata-rata intensitas nyeri haid sebelum dengan setelah di lakukan latihan kombinasi abdominal stretching exercise dan musik klasik. Dapat di simpulkan bahwa ada pengaruh kombinasi stretcing exercise dan musik klasik terhadap intensitas nyeri dismenore pada remaja putri dengan  $p\ value = 0,000$  ( $p\ value < 0,05$ ).

**Kata Kunci : Remaja, Abdominal Stretching exercise, Musik Klasik,  
Nyeri Dismenore**

**Daftar Pustaka : 38 Referensi (2004-2019)**

**HEALTH MINISTRY OF REPUBLIC INDONESIA  
HEALTH POLYTECHNIC OF RIAU  
PROGRAM STUDY D IV MIDWIFERY  
THESIS, MAY 2020**

**ASFIA SUKMARNIS**

**THE EFFECTIVENESS COMBINATION OF ABDOMINAL  
STRETCHING EXERCISE AND CLASSIC MUSIC TOWARDS THE  
INTENSITY OF DISMENORE PAIN TO THE TEENAGE GIRLS IN RT /  
RW 002/016 TEMBILAHAN HULU**

ix + 56 Pages + 8 Tables + 2 Charts + 13 Attachments

---

**ABSTRACT**

Indonesia the incidence of dysmenorrhea was 64.25% consisted of 54.89 primary dysmenorrhea experienced by 60 to 75% of adolescents. Abdominal stretching exercise and classic music was one of the non-pharmacological therapies that can be used to reduce the pain of dysmenorrhea. This research aimed to determine the effect combination of abdominal stretching exercise and classic music on the intensity of dysmenorrhea pain to teenage girl. This research was conducted in January to May 2020 in the RT / RW 002/016 Tembilahan Hulu by a quasi-experimental research design using one group pretest and posttest design. The population was all teenage girls 13 to 17 year old in RT / RW 002/016 Tembilahan Hulu. The sample was 22 teenage girls. The results used t-dependent test with 95% confidence level indicated average intensity of menstrual pain before doing a combination exercise abdominal stretching exercise and classic music pain scale was 4.14 with a minimum value 2 and a maximum 7, after doing a combination of abdominal stretching the scale of the pain was 2.18 with a minimum value 0 and a maximum value 5 standard deviations of 1,220. With a p-value of 0,000 ( $p < 0.05$ ) there was a significant average difference between the average intensity of menstrual pain before and after doing a combination of abdominal stretching exercise and classic music. It can be concluded that there was an effect of a combination of stretching exercise and classic music on the intensity of dysmenorrhea pain to teenage girl with p value = 0,000 (p value  $< 0.05$ ).

**Keywords: Teenage Girls, Abdominal Stretching exercise, Classic Music,  
Dysmenorrhea Pain**

**References: 38 References (2004 to 2019)**