

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
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PROGRAM STUDI D IV KEBIDANAN**

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**EFEKTIVITAS SENAM DISMENOREA DENGAN AKUPRESUR
TERHADAP DISMENOREA SISWI MTSN 1 PEKANBARU**

Viii+ 59 halaman + 6 tabel + 3 bagan + 17 lampiran

ABSTRAK

Masalah kesehatan reproduksi remaja putri salah satunya adalah dismenorea. Dismenorea yang tidak diatasi menyebabkan lemah, gelisah, depresi, bendungan menstruasi hingga menurunnya kualitas hidup wanita. Indonesia memiliki prevalensi dismenorea sebesar 64,25% yang terdiri dari 54,89% dismenorea primer dan 9,36% dismenorea sekunder. Terapi non-farmakologis yang dapat diberikan yakni senam dismenorea dan akupresur. Tujuan penelitian untuk mengetahui perbedaan efektivitas senam dismenorea dan akupresur terhadap dismenorea siswi MTsN 1 Pekanbaru. Penelitian dilaksanakan pada bulan Agustus 2019 hingga April 2020 di MTsN 1 Pekanbaru. Jenis penelitian adalah *quasy experimental* yakni *randomized pretest-postest control design*. Sampel pada penelitian ini berjumlah 40 orang yang merupakan siswi kelas VII dan VIII yang telah memenuhi kriteria inklusi dan dibagi menjadi 2 kelompok. 20 orang sampel sebagai kelompok senam dismenorea dan 20 orang lainnya sebagai kelompok akupresur yang ditentukan dengan teknik *proportionated stratified random sampling*. Pengumpulan data melalui lembar observasi berupa *numeric rating scale*. Analisis data menggunakan uji Mann – Withney U dengan taraf signifikansi 95%. Hasil penelitian didapatkan tidak ada perbedaan efektivitas senam dismenorea dan akupresur terhadap dismenorea siswi MTsN 1 Pekanbaru ($p = 0,404$). Kesimpulan penelitian, tidak ada perbedaan efektivitas senam dismenorea dan akupresur terhadap dismenorea, kedua terapi sama-sama efektif mengurangi dismenorea. Saran penelitian agar petugas UKM (Unit Kesehatan Madrasah) lebih mengutamakan terapi non farmakologis untuk mengurangi dismenorea seperti senam dismenorea dan akupresur.

Kata Kunci : Dismenorea, Senam Dismenorea, Akupresur.

Daftar Pustaka : 44 Referensi (2009-2019)

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**THE EFFECTIVENESS OF DYSMENORRHOEA EXERCISES AND
ACUPRESSURE AGAINST DYSMENORRHOEA STUDENTS IN MTSN 1
PEKANBARU**

Viii+ 59 pages + 6 tables + 3 schemas + 17 attachments

ABSTRACT

One of the problems of reproductive health of adolescent girls is dysmenorrhoea. Dysmenorrhoea that is not treated causes weakness, anxiety, depression, menstrual dams to decrease the quality of life of women. Indonesia has a prevalence of dysmenorrhoea of 64.25%, 54,89% is primary dysmenorrhoea and 9,36% is secondary dysmenorrhoea. There are Non-pharmacological therapies for decrease dysmenorrhoea, dysmenorrhoea exercises and acupressure. The purpose of this study was to determine the differences in the effectiveness of dysmenorrhoea exercises and acupressure against dysmenorrhoea students in MTsN 1 Pekanbaru. The study was conducted in August 2019 to April 2020 in MTsN 1 Pekanbaru. This type of research is quasy experimental namely randomized pretest-posttest control design. The sample in this study amounted to 40 people who were class VII and VIII students who got the inclusion criteria and were divided into 2 groups. 20 people were sampled as a dysmenorrhoea exercises group and 20 others as an acupressure group determined by proportionated stratified random sampling technique. Data collection through observation sheets in the form of numeric rating scale. Data analysis using the Mann-Withney U test with a significance level of 95%. The results showed no difference in the effectiveness of dysmenorrhoea and acupressure exercises on dysmenorrhoea MTsN 1 Pekanbaru students ($p = 0.404$). The conclusion of the study, there is no difference in the effectiveness of dysmenorrhoea and acupressure exercises against dysmenorrhoea, both therapies are equally effective at reducing dysmenorrhoea. Research suggestions that UKM staff (Madrasah Health Unit) prioritize non-pharmacological therapy to reduce dysmenorrhoea such as dysmenorrhoea and acupressure exercises.

Key Word : dysmenorrhoea, dysmenorrhoea exercises, acupressure

Bibliography: 44 References (2009-2019)