

ABSTRACT

Khasanah, Uswatun. 2024. The Effect of Warm Compresses and Drinking Warm Water on Reducing Dysmenorrhea in Young Women. Thesis. Applied Midwifery Undergraduate Study Program. Ministry of Health Malang Health Polytechnic. Main Supervisor: Ibnu Fajar, SKM. M.Kes, RD, Assistant Supervisor: Arikusmiwiyati, SST.M.Kes

Dysmenorrhea is also called menstrual cramps or menstrual pain. According to WHO in Indonesia there are 54.89% cases of primary dysmenorrhea and 9.36% cases of secondary dysmenorrhea, the prevalence in East Java is 64.25% (Firda, et al. 2023). There are several therapies that can be done to reduce dysmenorrhea, both pharmacological therapy and non-pharmacological therapy. Warm compresses are a practical non-pharmacological therapy for reducing pain or muscle spasms. Apart from water therapy from outside the body, warm water therapy can also be consumed. Drinking warm water therapy has a positive influence on reducing dysmenorrhoea pain. The aim of this study was to determine the effect of giving warm compresses and drinking warm water on reducing dysmenorrhoea in adolescent girls. This type of research is quantitative research, Quasi Experimental research design with a Non-Equevalent Control Group design. The population was 60 and the sample taken using a purposive sampling technique was 36 people who met the inclusion criteria. The research instrument used a questionnaire and observation sheet, then the data was analyzed using the Wilcoxon test and it was found that a decrease in dysmenorrhea in the warm compress group had a p-value of 0.000 (<0.05) and in the warm water drinking group a p-value of 0.001 (<0.05). Based on this analysis, it shows that the results of the reduction in the level of dysmenorrhoea in the warm compress group are greater than the results of the reduction in the level of dysmenorrhoea in the group drinking warm water. However, both of them can have an effect between warm compresses and drinking warm water on reducing dysmenorrhoea in young women at MA Muhammadiyah 01 Malang. Therefore, warm compresses and drinking warm water should be considered as options for reducing dysmenorrhoea.

Keywords: Dysmenorrhea, Warm Compress, Warm Water