

THE EFFECT OF ABDOMINAL STRETCHING EXERCISE ON REDUCING THE INTENSITY OF DYSMENORRHEA PAIN IN ADOLESCENT GIRLS AT STATE JUNIOR HIGH SCHOOL 10 MALANG CITY

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ABSTRACT

Dysmenorrhea commonly occurs during menstruation, characterized by abdominal or pelvic pain caused by uterine muscle contractions. This condition tends to affect adolescents who lack regular physical activity, leading to vasoconstriction that limits oxygen delivery to the reproductive organs. Various methods are available to manage dysmenorrhea, one of which is Abdominal Stretching Exercise. This exercise involves stretching the abdominal muscles to enhance muscle strength, endurance, and torsion, thereby reducing dysmenorrhea pain. The purpose of this study was to determine the effect of Abdominal Stretching Exercise on reducing the intensity of dysmenorrhea in adolescent girls without the involvement of other interventions. This research employed a quantitative approach with a quasi-experimental pre-test–post-test control group design. The McGill Pain Questionnaire was used to measure the intensity of dysmenorrhea. The respondents consisted of 32 adolescent girls from Public Junior High School 10 Malang, selected using non-probability sampling. The Mann–Whitney test results showed a significant effect of Abdominal Stretching Exercise on reducing the intensity of dysmenorrhea, with a p -value < 0.001 ($p < 0.05$) when comparing the post-test scores of the control and treatment groups. In conclusion, Abdominal Stretching Exercise has a significant effect on reducing dysmenorrhea pain intensity in adolescent girls at Public Junior High School 10 Malang City 10 Malang. Based on these findings, Abdominal Stretching Exercise can be considered a non-pharmacological method to alleviate dysmenorrhea by improving muscle strength, endurance, and torsion.

Keywords: *Abdominal Stretching Exercise, dysmenorrhea pain, dysmenorrhea, pain intensity*