# THE APPLICATION OF DISMINORE GYMNASTICS TO LOSE SCALE OF MENSTRUAL PAIN IN STUDENTS

**WHITE GARUDA STIKES**

# ETA CICI SEPTIA

Nursing D-III Study Program

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# ABSTRACT

**Introduction:** Menstruation is regular bleeding from the uterus as a sign that the uterine organs are functioning properly. Generally, teenagers who experience Menarche are at the age of 12 to 16 years. Dysmenorrhea is defined as difficult menstrual flow and refers to painful cramping during menstruation. Therefore, to reduce menstrual cramps felt by the subject, one of the treatments is by applying Disminor Gymnastics which can produce endorphins, because the higher the endorphin hormones will reduce or relieve the pain that a person feels.

**Objective:** To determine the effectiveness of the application of dysmenorrhea as a treatment in an effort to reduce the pain scale in dysmenorrhea subjects.

**Method:** This type of research is descriptive with a case study method in one subject group consisting of 5 people for 3 days. Measurements used the NRM (Numeric Rating Scale) pain scale and were observed before and after carrying out the Disminore Gymnastics technique.

**Results:** The results obtained by implementing Disminore Exercise according to Standard Operational Procedures Before and After Show that there is a difference in the Disminore subject. This proves that the pain felt by the subject is reduced.

**Conclusion:** Applying the Disminore Gymnastics technique can be proven to reduce the pain scale of dysmenorrhea sufferers at the Garuda Putih Jambi Stikes in 2023.

**Suggestion:** This research is expected to be used as a reference in reducing dysmenorrhea pain.

**Keywords:** Application of Disminore Exercise to Reduce Menstrual Pain Scale.

**References :**Book 12 (2017-2023), Journal 8 (2018-20223)