



The Effect of Effleurage Massage on Reducing the Degree of Dysmenorrhea in Adolescent Girls in Sukarama Village, Cianjur Regency, Indonesia

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ABSTRACT

Effleurage massage can provide a sense of relaxation and calm that can help reduce stress. By increasing blood flow to the pelvic area, effleurage techniques can help improve the supply of nutrients and oxygen to the tissues, potentially speeding recovery and reducing pain. This study aimed to determine the effect of effleurage massage on reducing the degree of dysmenorrhea in adolescent girls in Sukarama Village, Cianjur Regency, Indonesia. This study is a quasi-experimental research with a pre-post-test approach and uses primary data obtained from direct observation of respondents. A total of 30 research subjects took part in this study. This study shows that the intervention of providing effleurage massage is effective in reducing pain intensity in dysmenorrhea sufferers. There was a decrease in pain intensity after giving effleurage massage and it was stated to be statistically different, $p < 0.05$. In conclusion, there is an effect of effleurage massage on reducing the degree of dysmenorrhea in adolescent girls in Sukarama Village, Cianjur Regency, Indonesia.

1. Introduction

Dysmenorrhea is one of the health problems that women often face during their menstrual period. This condition can damage the quality of life and daily comfort, affecting physical, social, and emotional activities. In many cases, dysmenorrhea can be a serious obstacle that requires medical attention and appropriate treatment. Over the past few decades, many women have tried various approaches to managing and reducing menstrual pain. Conventional therapy, such as the use of analgesics (pain relievers) and oral contraceptives, has become the main choice in efforts to overcome this problem. While effective for some individuals, not everyone responds well, and some may wish to seek alternative or additional approaches to relieve dysmenorrhea.¹⁻³

One alternative approach that is attracting attention in the management of dysmenorrhea is massage using the effleurage technique. Effleurage is a type of massage that involves gentle, gliding movements over the skin with light to moderate pressure. This technique has been used in various health care and relaxation contexts and is now also the focus of research in relation to dysmenorrhea. Effleurage can help relax abdominal and pelvic muscles that may become tense during menstruation, thereby relieving menstrual pain. In dysmenorrhea situations, stress and anxiety can worsen symptoms. Effleurage massage can provide a sense of relaxation and calm that can help reduce stress. By increasing blood flow to the pelvic area, effleurage techniques can help improve the supply of



nutrients and oxygen to the tissues, potentially speeding recovery and reducing pain.⁴⁻⁶ This study aimed to determine the effect of effleurage massage on reducing the degree of dysmenorrhea in adolescent girls in Sukarama Village, Cianjur Regency, Indonesia.

2. Methods

This study is a quasi-experimental research with a pre-post-test approach and uses primary data obtained from direct observation of respondents. A total of 30 research subjects participated in this study, where the research subjects met the inclusion criteria. The inclusion criteria for the study were adolescent girls with complaints of dysmenorrhea in Sukarama Village, Cianjur Regency, Indonesia, who were willing to take part in this study. The intervention provided was in the form of effleurage massage carried out 4 times a day for 2 weeks during complaints of dysmenorrhea.

Assessment and diagnosis of dysmenorrhea is carried out by professional health workers. Assessment of the effectiveness of providing effleurage massage for dysmenorrhea was carried out using a visual analog scale (VAS). Data analysis was carried out using SPSS version 25 software. Univariate and bivariate analyses were carried out in this study. Univariate analysis was carried out to present the data frequency distribution for each test variable. Bivariate analysis was carried out to test the effectiveness of the intervention for dysmenorrhea complaints, with a p-value <0.05.

3. Results and Discussion

Table 1 presents the effectiveness of the pre and post-test interventions. This study shows that the intervention of providing effleurage massage is effective in reducing pain intensity in sufferers of dysmenorrhea. There was a decrease in pain intensity after giving effleurage massage, and it was stated to be statistically different, $p < 0.05$.

Table 1. Effectiveness of pre and post-test interventions.

Variable	Pre-test	Post-test	P-value*
Pain scale level	4,66±0,28	1,48±0,19	0,001

*Dependent t-test, $p < 0,05$.

Effleurage massage is a massage technique that involves gentle, gliding movements over the skin with light to moderate pressure. In its use in reducing pain dysmenorrhea, this technique has shown a number of potential benefits. During menstruation, the muscles around the abdomen and pelvis can become tense and spasm, which can cause pain. Effleurage massage can help relax these muscles through gentle movements and pressure. This can reduce muscle tension that contributes to pain.⁷⁻⁹

Effleurage techniques can increase blood circulation to the abdominal and pelvic areas. This can help eliminate waste products that accumulate during menstruation and increase the supply of nutrients and oxygen to the tissues in the area. Increased circulation

can help relieve pain and speed recovery. One of the side effects of pain dysmenorrhea is a sleep disorder. Intense pain can disrupt normal sleep patterns. Effleurage massage can provide a relaxing effect that helps improve sleep quality. Good sleep can help the body recover and reduce the perception of pain.¹⁰⁻¹²

In some cases, dysmenorrhea can cause increased stress and anxiety. Effleurage massage can provide feelings of relaxation and calm, reducing stress, which can worsen pain. Just the feeling of being massaged and given attention by a therapist can increase feelings of comfort and positive feelings. This can change the perception of pain and provide important emotional support. By reducing pain levels, effleurage massage can help reduce dependence on pain relievers



(analgesics), which can have undesirable side effects if used long-term.¹³⁻¹⁵

4. Conclusion

There is an effect of effleurage massage on reducing the degree of dysmenorrhea in adolescent girls in Sukarama Village, Cianjur Regency, Indonesia.

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