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

Roslinawati Roslinawati

1Politeknik Bhakti Asih, Purwakarta, Indonesia

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*Corresponding author:
Roslinawati Roslinawati

E-mail address:
roslinawati_79@yahoo.co.id

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A B S T R A C T

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
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(analgesics), which can have undesirable side effects if used long-term.\textsuperscript{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.

5. References