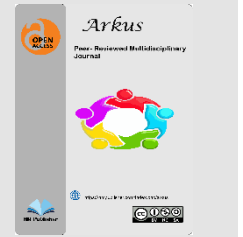




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The Effect of Effleurage Massage on Reducing Dysmenorrhea in Adolescent Girls in Sukarama Village, Cianjur Regency, Indonesia

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ABSTRACT

Effleurage massage has several potential benefits that may help reduce symptoms of dysmenorrhea in adolescent girls, such as increasing blood circulation to the abdominal area, relieving muscle tension, and promoting relaxation. This study aims to determine the effect of effleurage massage on reducing dysmenorrhea in adolescent girls in Sukarama Village, Cianjur Regency, Indonesia. This study is experimental research with a pre and post-test approach. This study uses primary data obtained from direct observation of respondents. A total of 30 research subjects took part in this study. This study shows that massage effleurage intervention reduces pain intensity in dysmenorrhoea sufferers. There was a decrease in pain intensity after effleurage massage, and it was stated to be statistically different, $p < 0.05$. In conclusion, effleurage massage has an effect on reducing dysmenorrhea in young women in Sukarama Village, Cianjur Regency, Indonesia.

1. Introduction

Dysmenorrhea, often known as menstrual pain, is a common health problem experienced by young women worldwide. This condition often interferes with their quality of daily life and their physical and emotional well-being. Dysmenorrhea is characterized by lower abdominal pain that occurs during or before menstruation and may be accompanied by symptoms such as nausea, vomiting, diarrhea, headaches, and mood swings. Although these symptoms may feel mild in some teenagers, in other cases, dysmenorrhea can be very severe and hinder daily activities. These symptoms can disrupt the daily quality of life of young women who experience them. Therefore, it is essential to understand these symptoms and how they can affect young women physically and emotionally.¹⁻³

One non-pharmacological approach that has received attention in treating dysmenorrhea is massage therapy, especially the effleurage technique or light massage. Effleurage massage involves gentle, continuous movements applied to the skin's surface using oil or lotion. This technique has been used widely in complementary healthcare practices to reduce muscle tension, improve blood circulation, and stimulate feelings of relaxation. This technique uses gentle, continuous movements on the skin's surface with the help of oil or lotion and has been used in complementary healthcare practices to relieve pain and improve well-being. Effleurage massage has several potential benefits that can help reduce the symptoms of dysmenorrhea in adolescent girls, such as increasing blood circulation to the abdominal area,

relieving muscle tension, and promoting a sense of relaxation.⁴⁻⁶ This study aims to determine the effect of effleurage massage on reducing dysmenorrhea in adolescent girls. in Sukarama Village, Cianjur Regency, Indonesia.

2. Methods

This study is experimental research with a pre and post-test approach. This study 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 women of childbearing age with complaints of dysmenorrhoea in Sukarama Village, Cianjur Regency, Indonesia, who were willing to take part in this study. The intervention provided is in the form of effleurage massage at least twice daily during complaints of dysmenorrhoea.

Professional health workers carry out assessment and diagnosis of dysmenorrhoea. The effectiveness of providing effleurage massage for dysmenorrhoea was assessed 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 dysmenorrhoea 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 massage effleurage intervention reduces pain intensity in dysmenorrhoea sufferers. There was a decrease in pain intensity after 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 degree	4,78±0,27	1,22±0,17	0,001

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

Effleurage massage helps increase blood flow to the area being massaged. In the case of dysmenorrhea, it can help get blood flowing to tense muscles. Better blood flow brings oxygen and nutrients to the muscles, which can help relieve tension. Gentle massage techniques such as effleurage can stimulate the parasympathetic nervous system, which is responsible for the relaxation response in the body. This can help the muscles become less tense and relieve feelings of intense pain. Excessive muscle contractions in the abdominal and pelvic areas can be the leading cause of menstrual pain. Effleurage massage can help reduce these contractions by easing tense muscles. This can reduce pain intensity and make young women feel comfortable. A pleasant massage can stimulate the release of endorphins, the body's natural hormones that have an analgesic or pain-relieving effect.

Increased production of endorphins can help relieve menstrual pain. Dysmenorrhea can often trigger stress and anxiety in young women. Effleurage massage can create feelings of relaxation and comfort, which helps reduce stress and anxiety, which in turn can help reduce symptoms of dysmenorrhea.⁷⁻¹⁰

Effleurage massage can stimulate the parasympathetic nervous system, which plays a role in easing stress responses and nausea. By easing stress and increasing feelings of relaxation, effleurage massage can help reduce the nausea and vomiting often accompanying dysmenorrhea. As previously mentioned, effleurage massage improves blood circulation throughout the body. It can help relieve headaches that may be caused by swelling or muscle tension, as well as help relieve diarrhea by reducing tension and stress that can affect the digestive system.

Symptoms of mood swings are common during dysmenorrhea. Effleurage massage can stimulate the release of endorphins, which can increase feelings of well-being and reduce feelings of anxiety or depression that may occur during menstruation. Effleurage massage is a relaxing experience; a skilled massage therapist can create a comfortable environment. This can help reduce stress and tension which can often worsen dysmenorrhea symptoms.¹¹⁻¹⁴

4. Conclusion

There is an effect of effleurage massage on reducing dysmenorrhea in young women in Sukarama Village, Cianjur Regency, Indonesia.

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