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The Effect Of Massage Effleurage Therapy Towards Reduction Of Mental Pain In Adolescent Women At SMA Negeri 09 Medan In 2022

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ABSTRACT

Massage effleurage is a movement using the entire surface of the hand attached to the abdomen which is rubbed lightly and soothingly. The massage of the abdominal effleurage massage stimulates the fibers in the skin to make it comfortable during uterine contractions so as to facilitate blood circulation to the uterus and block pain impulses to reduce. The purpose of this study was to determine the effect of massage effleurage therapy on the reduction of menstrual pain in adolescent girls at SMA Negeri 09 Medan in 2022. Methods: Using a pre-experimental research design with a one group pretest-posttest approach. The population in the study amounted to 52 female students who experienced mild menstrual pain and moderate menstrual pain in class XII SMA Negeri 09 Medan using purposive sampling obtained a sample of 10 people. Data analysis used univariate and bivariate analysis with Wilcoxon test. Results: From 10 respondents, before the effleurage massage was performed the highest category of moderate pain was 9 respondents (90.0%), the pain scale after the effleurage massage was the highest in the category of mild pain 8 respondents (80.0%). The average pain scale for effleurage massage got a mean of 2.1000 with a standard deviation of 0.31623. the pain scale after massage got a mean of 3.2000 with a standard deviation of 0.42164, indicating a decrease in pain scale in adolescent girls after effleurage massage. Conclusion: There is an effect of effleurage massage therapy on reducing menstrual pain in adolescent girls at SMA Negeri 09 Medan in 2022. It is recommended to respondents to increase their insight and knowledge about the benefits and how to do effleurage massage therapy, so that they can carry out effleurage massage therapy as a solution in handling pain during menstruation.

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INTRODUCTION

Adolescence is a dynamic phase of development in a person's life. One of the signs of biological youth is the onset of menstruation. Menstruation begins at puberty and a woman's ability to become pregnant or reproductive. Even so, in reality many women experience menstrual problems, including menstrual pain (Indrawati & Putriadi, 2019).

The first menstruation experienced by a woman is called menarche, which generally occurs at the age of 14 years. Menarche is the first menstruation that usually occurs in the age range of 10-16 years or in early adolescence in the middle of puberty before entering the reproductive period (Atikah Proverawati, 2017a).

Menstruation occurs when the lining of the uterus sheds and comes out in a form known as menstrual blood. Under normal circumstances, every month a woman who has entered childbearing age will release one egg (ovum) and an ovum will be produced and released by the ovaries). After experiencing menstruation, a woman's physical changes are usually seen, such as in the hips and breasts, menstruation will stop by itself when a woman is 40-50 years old, which is known as menopause. During menstruation, the problem experienced by most women is severe discomfort or pain. This is commonly known as menstrual pain (Indrawati & Putriadi, 2019).

Menstrual pain is one of the most common complaints in young women who come to health services or to the midwife. The average woman experiences discomfort during menstruation, such as cramps and usually also with nausea and dizziness, sometimes fainting. Menstrual pain is classified into two types, namely primary menstrual pain and secondary menstrual pain. Primary menstrual pain is menstrual pain that is not related to macroscopic pelvic pathology (absence of disease in the pelvis). Generally occurs in the first years after menarche (first menstruation). Secondary menstrual pain is defined as menstrual pain as a result of macroscopic pelvic anatomy or pathology, such as that experienced by women with endometriosis or chronic pelvic inflammation. This condition is most often experienced by women aged 30-45 years (Study et al., 2021).

Menstrual pain is not a disease but has a definite negative effect on women's daily activities and work. However, it is often ignored by many women and considers pain as a normal part of the menstrual cycle. Menstrual pain can also cause disruption of daily activities that are usually done by women, especially teenagers who are still in school which can interfere with learning concentration (Atikah Proverawati, 2017b).

The impact on women when experiencing menstrual pain is physical weakness, lack of movement and stress. Because of this menstrual pain many young women go to the doctor for consultation and treatment. Pain felt before and during menstruation often appears nausea, dizziness and weakness. This pain is so severe that it forces sufferers to rest, often women leave their jobs and for many young women who do not attend school and do not follow the learning process, so that learning activities can be disrupted, concentration can decrease or even do not exist, and the material provided during learning takes place cannot be caught by young women who experience menstrual pain (Sriwijaya et al., 2018).

According to the World Health Organization (WHO), the number of menstrual pain in the world is very large, on average more than 50% of women in every country experience menstrual pain. In the United States, it is estimated that almost 90% of women experience menstrual pain and 10-15% experience severe menstrual pain, which causes them to be unable to carry out any activities and this will reduce the quality of life. Even in America, it is estimated that women lose 1.7 million working days every month due to dysmenorrhea. Dysmenorrhea causes 14% of adolescent patients are often absent from school and do not carry out daily activities.

According to the Indonesian Demographic Health Survey (IDHS), in Indonesia, adolescent girls discuss menstruation with friends by 58%, discussion with their mother by 45%. One in five teens did not discuss menstruation with others before having their first period. Adolescent girls who experience menstrual pain during menstruation are 76%, adolescent girls who do not experience menstrual pain during menstruation are 58%.

Based on North Sumatra data from research on dysmenorrheal menstrual pain in the city of Medan, as done by Sirait, the proportion of dysmenorrhea prevalence in adolescent girls at SMA Negeri 2 Medan in 2014 was (85.9%). With the highest proportion in the age group 16-18 years (60.9%), menarche age 13-14 years (51.6%), menstrual duration <7 days (57.0%), normal menstrual cycle (80.5%), rarely exercise (75.0%), normal nutritional status (61.0%), and there is a family history (57.8%) (Mouliza, 2020).

Menstrual pain can be overcome by pharmacological and non-pharmacological. Pharmacologically can be overcome by using analgesic drugs. Non-pharmacological pain management is safer to use because it does not cause side effects such as drugs because non-pharmacological therapy uses physiological processes and one of them uses effleurage massage (Concerned, 2019).

Massage effleurage is a movement using the entire surface of the hand attached to the abdomen that is rubbed lightly and calmly. This technique aims to increase blood circulation, apply pressure, and warm the abdominal muscles as well as promote physical and mental relaxation. The massage of the abdominal effleurage massage stimulates the fibers in the skin to make it comfortable during uterine contractions so as to facilitate blood circulation to the uterus and block pain impulses to reduce. Massage effleurage is a massage technique that is safe, easy to do, does not require many tools, does not cost money, has no side effects and can be done alone or with the help of others (Sari et al., 2019).

Based on the results of Uswatun hasanah and Chusnul chotimah's research, it was found that from 23 female students before the effleurage massage was done with no pain intensity (0%), intensity with mild pain was 2 people (8.7%), intensity with moderate pain was 17 people (73.9%), the intensity with severe pain is 4 people (17.4%). This proves that prior to the effleurage massage, more than half (73.9%) of the experimental group students experienced moderate pain during menstruation. As for the effleurage massage with no pain intensity (0%), the intensity with mild pain was 15 people (65.2%), the intensity with moderate pain was 8 people (34.8%), the intensity with severe pain was none (0%). This proves that after massage effleurage more than half (65, (Medan, 2017).

Based on the results of Efa Rosari Sinurat's research, it shows that all respondents (100%) reported that after doing abdominal effleurage massage during menstrual pain, respondents experienced a decrease in pain intensity. The results of the data analysis test using the Wilcoxon Signed Ranks Test analysis test showed the p value = 0.000 where the decision was made by looking at the degree of significance (p value = 0.05) where the p value < 0.000 then the hypothesis (Ha) was accepted, meaning that the abdominal massage effleurage was effective. on the reduction of menstrual pain in USU Faculty of Nursing students (Sinurat, 2018).

Based on the results of an initial survey conducted by researchers in class XI IPA 1 by researchers in May at SMA Negeri 9 Medan in 2022, researchers interviewed 20 female adolescent girls, there were 7 female adolescent girls who experienced menstruation, 4 of whom experienced menstrual pain, they said they had pain. menstruation on the first day and the second day, when the researchers asked if they had a way to reduce menstrual pain other than using analgesic drugs (non-pharmacological) such as doing warm compresses, drinking ginger boiled water or doing massage such as effleurage massage, endorphine massage, then they said they never did that.

RESEARCH METHOD

The research design used was Pre-Experimental using the One Group Pre-test Post-test approach (11). The purpose of this study was to compare the reduction in menstrual pain before and after effleurage massage therapy. Measurements were carried out twice, namely before treatment called pre-test and after treatment called post-test, which aims to see the extent to which changes in menstrual pain decrease after effleurage massage therapy in adolescent girls at SMA Negeri 09 Medan. The population in this study were all female adolescent students who experienced mild

menstrual pain and moderate menstrual pain as many as 52 respondents in class XII SMA Negeri 09 Medan in 2022. Sampling in this study used purposive sampling, which was taken from the population who experienced mild menstrual pain and moderate menstrual pain as many as 10 people with inclusion criteria are willing to be respondents and can communicate well.

Data collection consisted of primary data obtained by conducting interviews and observations of adolescents before and after effleurage massage treatment using the Numerical Rating Scale (NRS) observation sheet. Secondary data data obtained from the TU data of SMA Negeri 09 Medan regarding adolescent data and tertiary data obtained research data that has been officially published such as journals, and research reports such as WHO, Indonesian Health Profile (9).

The analysis technique used is univariate data analysis and bivariate analysis with the statistical test used is the Wilcoxon test.

RESULTS AND DISCUSSIONS

Results

Table 1. Frequency Distribution Based on Characteristics of Respondents at SMA Negeri 09 Medan in 2022

No	Characteristics of Respondents	n	%
	Age		
1	16 years	5	50.0
2	17 years	5	50.0
	Menarche		
1	10 years	1	10.0
2	11 years old	1	10.0
3	12 years old	1	10.0
4	13 years old	4	40.0
5	15 years	3	30.0
	Amount	10	100

Characteristics of Respondents

Based on table 1, it shows that from 10 respondents in SMA Negeri 09 Medan, the ages of each respondent were 5 people (50.0%) with the age of 16 years and 17 years. Based on menarche at SMA Negeri 09 Medan, it can be seen that the most respondents experienced menarche at the age of 13 years as many as 4 people (40.0%), followed by respondents who experienced menarche at the age of 15 years as many as 3 people (30.0%), and respondents who experienced menarche at the age of 10 years, 11 years, and 12 years each as many as 1 person (10.0%).

Univariate Analysis

Table 2. Frequency Distribution Based on Menstrual Pain Before and After Massage Effleurage Therapy for Adolescent Girls at SMA Negeri 09 Medan in 2022

Variable	n	%
Pain Level Before Treatment		
Moderate Pain	9	90.0
Mild Pain	1	10.0
Pain Level After Treatment		
No Pain	2	20.0
Mild Pain	8	80.0
Total	10	100

Based on table 2, it can be seen that of the 10 respondents based on the level of menstrual pain before the effleurage massage therapy was carried out on young women at SMA Negeri 09 Medan, it was found that most of them experienced moderate menstrual pain as many as 9 people (90.0%).

and only 1 experienced mild menstrual pain. people (10.0%). If you look at the level of menstrual pain after the effleurage massage, the results show that the most teenage girls experience mild menstrual pain as many as 8 people (80.0%) and there are 2 people (20.0%) teenage girls who experience menstrual pain at SMA Negeri 09 Medan.

Bivariate Analysis

Table 3. Average Value of Menstrual Pain Levels Before and After Therapy Massage Effleurage For Young Women at SMA Negeri 09 Medan in 2022

Variable	n	mean	Std Deviation
Pain Level Before Massage Effleurage	10	2,1000	0.31623
Pain Level After Massage Effleurage	10	3.2000	0.42164

Based on table 3 it is known that the level of pain before massage effleurage therapy for young women at SMA Negeri 09 Medan in 2022 get mean 2,1000 with a standard deviation of 0.31623, while after massage therapy, effleurage is obtained mean 3.2000 with a standard deviation of 0.42164 in young women at SMA Negeri 09 Medan in 2022.

Bivariate Analysis

Table 4. Tabulation of Pain Levels Before and After Therapy Massage Effleurage and after at SMA Negeri 09 Medan in 2022

Before - After Massage Effleurage Therapy	
Z	-3.051
Asymp Sig. (2-tailed)	0.002

Based on table 4 shows that there is a value of in this study is 0.05. From the table above, the Asymp. Sig (2-tailed) value is 0.002 < β 0.05, it can be seen that doing effleurage massage therapy has an effect on reducing menstrual pain in adolescent girls at SMA Negeri 09 Medan in 2022.

Discussion

Menstrual Pain Levels Before Massage Effleurage Therapy For Young Girls At SMA Negeri 09 Medan

Based on table 2. obtained pain level before and after effleurage massage therapy for young women at SMA Negeri 09 Medan in 2022. Obtained results the most pain scale before massage therapy effleurage with moderate pain category as many as 9 respondents (90.0%), while the results the least pain scale before the effleurage massage is done with mild pain category as much as 1 respondent (10.0%).

Based on table 3. can be seen Pain level Before the effleurage massage get mean 2.1000 with a standard deviation of 0.31623. The results above will then be compared with the table after the effleurage massage by comparing whether there is a change in the mean and standard deviation.

The results of this study indicate that the respondents before *massage effleurage* experienced moderate pain with a pain scale of 4-6 (moderate pain) as many as 9 people, and a pain scale of 1-3 (mild pain) as many as 1 person. Pain with a range of 4-6 if categorized in a descriptive scale is called moderate pain, with objective criteria the pain is quite disturbing such as, really disturbing pain that cannot be silenced for a long time, pain has reached the stage of disturbing the senses, especially the sense of sight. While pain with a vulnerable scale of 1-3 is called mild pain, with objective criteria the client has started to feel a sensation like being pinched, but not so painful, the pain can still be tolerated.

Pain is an unpleasant sensation that is localized to a parts of body. Pain is often described in terms of a destructive process of tissue, such as prickling, heat, burning, twisting and

squeezing or a bodily or emotional reaction, such as fear, nausea and drunkenness. If the pain is of mild to moderate intensity, it can be accompanied by anxiety and a strong desire to get away from the pain. Pain also includes sensation, if acute pain is characteristically related to changes in behavior and a stress response consisting of increased blood pressure, pulse, muscle contractions (flexion of limbs or stiffness of the abdominal wall).

Menstrual pain, namely lack of fulfillment of activity needs, interfere with learning concentration, unconscious / fainting because he can not hold it. The severity of menstrual pain is related with younger age at the time of menstruation, longer menstrual periods, the amount of blood that comes out during menstruation, smoking and family history of menstrual pain. In addition, psychological factors can also affect menstrual pain, such as emotional instability.

Menstrual pain often occurs in young women, because they have not reached biological maturity (especially the maturity of the reproductive organs, namely the growth of the endometrium is not perfect) and psychological. The frequency of pain will decrease with age. This happens because of the deterioration of the uterine nerves due to aging.

If a woman menstruates without having any knowledge about what is happening is likely to cause fear in women who experience it and cannot take the right attitude towards complaints about these complaints and problems, have not been able to respond to the menstrual process positively, especially in response to possible complaints that occur during menstruation.

This research is in accordance with research conducted by Nurul Khotimah et al, in 2020 about the effectiveness of the Lemongrass Aromatherapy Effleurage Massage on the level of menstrual pain. the results obtained from the variable level of pain in the intervention group before the lemongrass aromatherapy effleurage massage was carried out, there was a median value of 4.00, which means that the average level of pain in respondents before the intervention was at moderate pain level (12).

This research is in accordance with research conducted by Then Hersika Asmawariz and Nurwahida in 2021, about the effect of a combination of back massage and massage effleurage using jasmine aromatherapy on the intensity of dysmenorrhea pain. The results of measuring the intensity of dysmenorrhea pain before the intervention obtained an average value of 5.73 (moderate pain category), with a median of 5.00 (moderate pain category), the lowest value was 3 and the highest was 9 and with a 95% confidence level was 4.99 to 6.47 (13).

This research is in accordance with research conducted by Septika Yani Veronica and Fia Oliana in 2022 on the Effect of Massage Effleurage on Reduction of Primary Dysmenorrhea Pain in Young Women at IAI Agus Salim Metro Lampung it was found that the average intensity of primary dysmenorrhea pain in adolescent girls before being given effleurage massage was 3.81, median 4, with a standard deviation of 0.814, the lowest primary dysmenorrhea pain 3 and the highest primary dysmenorrhea pain 6 (14).

According to the researcher's assumptions, pain periodis pain or cramping in the lower abdomen, which occurs before or during menstruation. In some women, menstrual pain can be mild, but in others, menstrual pain can be excessive to interfere with daily activities. On menstrual pain in adolescent girls, some young women experience menstrual pain before menstruation and some experience pain during menstruation. Where the cause of menstrual pain is due to an increase in prostaglandins. Menstrual pain must be addressed immediately because if it is not treated it will affect the mental and physical function of the individual so that it is urgent for pharmacological and non-pharmacological. Pharmacological therapy, one of which is the administration of analgesic drugs, analgesic drugs can relieve pain by blocking prostaglandins that cause pain, Non-pharmacological therapies include positioning, relaxation techniques, touch management, environmental management, distraction, behavioral support, imagination, compresses and the provision of herbal ingredients.

Menstrual Pain Levels After Massage Effleurage Therapy for Adolescent Girls at SMA Negeri 09 Medan

Based on table 2. obtained pain scale after effleurage massage in young women at SMA Negeri 09 Medan in 2022. Obtained results after the effleurage massage the highest category with mild pain as many as 8 respondents (80.0%) while the result pain scale after effleurage massage the lowest with no pain category as many as 2 respondents (20.0%).

Based on table 3. can be seen Pain Scale after effleurage massage get mean 3.2000 with a standard deviation of 0.42164. The results of table 4.4 and table 4.5 get the results that there is a decrease in the pain scale For young women at SMA Negeri 09 Medan, an effleurage massage was carried out.

Shows that 10 respondents after the effleurage massage, menstrual pain has decreased, this can be seen from the menstrual pain scale which shows a smaller number. The largest number of respondents stated that menstrual pain after effleurage massage was on a mild pain scale, namely 8 respondents (80.0%) and pain on a painless scale as many as 2 respondents (20.0%).

Based on table 4.3 it can be seen the effect of effleurage massage on menstrual pain in adolescents. Prior to the effleurage massage, 9 people (90.0%) stated moderate pain (scale 4-6) and 1 person (10.0%) experienced mild pain (1-3). After being given the effleurage massage, there were 8 respondents (80.0%) who had mild pain (scale 1-3) and at the level of no pain (scale 0) there were 2 respondents (20.0%). Changes in the level of pain experienced by respondents showed a decrease in the level of menstrual pain in adolescents after effleurage massage was carried out.

Pain that occurs with a range between 4-6 if categorized in a descriptive scale is called moderate pain, with objective criteria the pain is quite disturbing such as, really disturbing pain that cannot be silenced for a long time, pain has reached the stage of disturbing the senses, especially the sense of sight. While pain with a vulnerable scale of 1-3 is called mild pain, with objective criteria the client has started to feel a sensation like being pinched, but not so painful, the pain can still be tolerated. Respondents who still experience mild pain can be caused by the respondent's lack of response to the massage given by the researcher, the massage given for only 15 minutes or the respondent's lack of confidence when doing massage.

So far, many methods developed to treat menstrual pain. One of the methods developed is massage effleurage. Massage has long been known as the art of care and treatment which is a traditional touch therapy.

Massage Effleurage is a movement using the entire surface of the hand that is rubbed lightly and soothingly. This technique aims to increase blood circulation, reduce pain, and stretch muscles as well as promote physical and mental relaxation. The massage effleurage stroke stimulates the fibers in the skin to make it comfortable during uterine contractions so as to facilitate blood circulation to the uterus and block pain impulses to decrease. Massage Effleurage is a massage technique that is safe, easy to do, does not require many tools, does not cost money, has no side effects and can be done alone or with the help of others (14).

This research is in accordance with research conducted by Nurul Khotimah et al, in 2020 about the effectiveness of the Lemongrass Aromatherapy Effleurage Massage on the level of menstrual pain. The results were obtained after the lemongrass aromatherapy effleurage massage was carried out, there is a median value of 1.00, which means that the average level of pain in respondents after the intervention is at a mild pain level (12).

This research is in accordance with research conducted by Then Hersika Asmawariz and Nurwahida in 2021, about the effect of a combination of back massage and Effleurage massage using jasmine aromatherapy on the intensity of dysmenorrhea pain. The results of measuring the intensity of dysmenorrhea pain after the intervention obtained an average value of 4.35 (moderate pain category), with a median of 4.00 (moderate pain category) the lowest value was 2 and the highest was 8 and with a 95% confidence level was 3.57 to 6.02 (13).

This research is in accordance with research conducted by Septika Yani Veronica and Fia

Oliana in 2022 on the Effect of Massage Effleurage on Reduction of Primary Dysmenorrhea Pain in Young Women at IAI Agus Salim Metro Lampung it was found that the average intensity of primary dysmenorrhea pain in adolescent girls after being given effleurage massage was 1.76, median 2, with a standard deviation of 0.768, the lowest primary dysmenorrhea pain was 0 and the highest primary dysmenorrhea pain was 3 (14).

According to the researcher's assumptions, based on the results of research on pain scale after effleurage massage therapy for young women at SMA Negeri 09 Medan in 2022. It was found that out of 10 respondents after receiving effleurage massage, menstrual pain decreased, this can be seen from the menstrual pain scale which shows a smaller number. The largest number of respondents stated that menstrual pain after effleurage massage was on a mild pain scale, namely 8 respondents (80.0%) and pain on a painless scale as many as 2 respondents (20.0%).

Massage Effleurage is a movement using the entire surface of the hand that is rubbed lightly and soothingly. This technique aims to increase blood circulation, reduce pain, and stretch muscles as well as promote physical and mental relaxation. The massage effleurage stroke stimulates the fibers in the skin to make it comfortable during uterine contractions so as to facilitate blood circulation to the uterus and block pain impulses to decrease. Massage Effleurage is a massage technique that is safe, easy to do, does not require many tools, does not cost money, has no side effects and can be done alone or with the help of others.

Influence Massage Effleurage Therapy Against Menstrual Pain in Teenage Girls at SMA Negeri 09 Medan

Based on table 4. shows that there are differences in pain scale before and after effleurage massage. The mean value of the pain scale before the effleurage massage was (2.1000) and the pain scale after the effleurage massage was (3.2000) and for the standard deviation of the pain scale before the effleurage massage was (0.31623) and the pain scale after the effleurage massage was (0.42164). The results of the bivariate analysis using the Wilcoxon test on the pain scale before the effleurage massage and the pain scale after the effleurage massage showed that the value of was 0.05. From the results of the study, it can be concluded that the value of $\text{asympt.Sig (2-tailed)} 0.000 < \beta 0.05$, it can be seen that there is an effect on decreasing menstrual pain after the effleurage massage intervention.

Doing massage effleurage against menstrual pain suffered by adolescents is able to have an influence on pain levels. This shows that the effleurage massage is effective in reducing the level of menstrual pain. Before the effleurage massage the level of adolescent menstrual pain was moderate, but after being given the effleurage massage it was able to reduce the level of adolescent menstrual pain at a mild level.

This research is in accordance with research conducted by Nurul Khotimah et al, in 2020 about the effectiveness of the Lemongrass Aromatherapy Effleurage Massage on the level of menstrual pain. The results obtained from the pain level variable in the intervention group before the lemongrass aromatherapy effleurage massage was carried out, there was a median value of 4.00, which means that the average pain level in respondents before the intervention was at a moderate pain level. Meanwhile, after the lemongrass aromatherapy effleurage massage was carried out, there was a median value of 1.00, which means that the average level of pain in respondents after the intervention was at a mild pain level. Based on the Mann Whitney test, it can be seen that the p-value is 0.000, which means < 0.05 , it can be concluded that there is a significant difference between the level of pain before and after the lemongrass aromatherapy effleurage massage in the intervention group (12).

This research is in accordance with research conducted by Then Hersika Asmawariz and Nurwahida in 2021, about the effect of a combination of back massage and Effleurage massage using jasmine aromatherapy on the intensity of dysmenorrhea pain. The average result of dysmenorrhea pain intensity before the massage combination in the intervention group was 5.73 with a confidence level (95%) 4.99-6.47, the dysmenorrhea pain intensity after the massage combination in the

intervention group was 3.35, the confidence level (95%) was 2.73-3.96, the intensity of dysmenorrhea pain was 3.35. before the massage combination in the control group is 5.23 confidence level (95%) 4.54-4.92, the intensity of dysmenorrhea pain after the massage combination in the control group is 4.35 confidence level (95%) 3.57-6.02. By using the paired sample t test, $p = 0.001$, so $p = 0.001$ (13).

This research is in accordance with research conducted by Septika Yani Veronica and Fia Oliana in 2022 on the Effect of Massage Effleurage on Reducing Primary Dysmenorrhea Pain in Adolescent Girls at IAI Agus Salim Metro Lampung. It was found that the average intensity of primary dysmenorrheal pain in adolescent girls before being given effleurage massage was 3.81, median 4, with a standard deviation of 0.814, the lowest primary dysmenorrhea pain was 3 and the highest primary dysmenorrhea pain was 6 and the average intensity of primary dysmenorrhea pain in adolescent girls after given the effleurage massage was 1.76, median 2, with a standard deviation of 0.768, the lowest primary dysmenorrhea pain was 0 and the highest primary dysmenorrhea pain was 3 (14).

According to the researcher's assumptions, good cooperation between therapy and clients has a major influence on the success of the effleurage massage process and the process of building mutual trust between clients and therapists is carried out in the effleurage massage phase. How to do an effleurage massage that is, first take a position as comfortable as possible. And let the therapist do the action by stroking the surface of the abdomen from the bottom, sideways, up and then down again, do it very gently. The client will feel the impact is very visible which is very calming throughout the body. And this technique is very effectively used for the abdomen and painful parts, which is useful for making the client relax and also calm and comfortable. As for other techniques, namely, encourage the respondent to take a sitting position; Instruct the respondent to breathe deeply while closing his eyes for a few minutes. Massage effleurage is given for 15 minutes 1 time when it hurts. So it can be concluded that from the results of statistical tests there is an effect of massage effleurage on menstrual pain.

CONCLUSION

Based on the results of the research and discussion described previously, it can be concluded that aand the effect of effleurage massage therapy on reducing menstrual pain in adolescent girls at SMA Negeri 09 Medan in 2022.

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