



COMPARISON OF AEROBIC AND STRETCHING EXERCISE ON DYSMENORRHEA PAIN IN STUDENT AISYIYAH BANTEN

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Abstract

Dysmenorrhea is something condition pain that occurs during _ before nor moment menstruation. Condition dysmenorrhea of course No endanger health the sufferer, however condition This give discomfort as well as can bother activity for the sufferer. There are two ways to treat dysmenorrhea handling that is non-pharmacological (exercise breathing, warm compresses, physical exercise *aerobic* and *stretching exercises*) and pharmacological (drugs). The researcher 's research method use is Quasi experimental type. Samples used as many as 50 female students health with consider criteria inclusion and exclusion. The results of the *aerobic exercise* test were obtained (*p value 0.001*) which means there is connection whereas The results of the *stretching exercise* test were obtained (*p value 1.00*) which was significant No there is connection. In conclusion exercise physique *aerobic exercise* capable lower intensity painful moment period whereas *stretching exercise* is not lower intensity painful period.

Keywords: Aerobics, Desminore, Exercise, Stretching

Introduction

Bleeding is something condition bleeding emerging physiology _ Because influenced exists the contractions uterus or wall womb Because No happen fertilization by sperm and ovum cells (Lismayanti et al. 2021) . Condition This This be marked with out blood and mucus for about 14 days after ovulation, p This is is normal thing and become one indicator readiness system reproduction a woman (Nurwahyuni et al. 2022) . Duration from menstruation is classified as normal when the average cycle is 21-35 days, and its duration ranges from 2-8 days with an average of 2-6 changes bandage day (Andriani 2021) . During menstruation happens, sometimes sufferer will experience so -called pain with *dysmenorrhea*.

Menstrual pain or *dysmenorrhea* appear Because exists influence from factor hormones called prostaglandins, hormones This trigger contraction from the uterus or wall womb so that pain occurs at times _ menstruation, every individual have pain _ or different types of *dysmenorrhea* from scale small until with scale painful I so that his activities disturbed (Delistianti, Irasanti, and AFM 2019) . *dysmenorrhea* has 2 categories in accordance with types, including primary *dysmenorrhea* and *dysmenorrhea* pathological. linked conditions _ with cycle ovulation and start arise since menstruation first time coming and complaining the pain A little reduce after the woman concerned married and pregnant called with primary *dysmenorrhea* (Nurfadillah, Maywati, and Aisyah 2021) .

Dysmenorrhea treatment Can done anticipation in 2 (two) ways, including: use drugs or called with method pharmacology and treatment in a way traditional or manual like warm water compresses, herbal drinks, management breathing, exercise physical (*aerobic exercise*, *stretching exercise*) and others mentioned with non-pharmacological (Misliani, Mahdalena, and Firdaus 2019) . Stretching exercises muscle or called with *Stretching Exercise* is something activity physique with do stretching

muscle for 10 minutes. This movement works For optimizing Power endurance, strength muscles, and flexibility of the uterus so expected can reduce painful menstruation (Salbiah, 2015). Whereas *exercise* is a relaxation technique with use movement hips, knees and exercises breathing For reduce pain in desminore (Yunita 2021) .

Research methods

Study This use a type of Quasi Experiment that researches because consequence from exercise physique *aerobic exercise, stretching exercise* against intensity painful menstruation. Subjects taken by researchers _ is student Health Polytechnic Aisiyiah Banten who has experience menstruation. Population in research This as many as 54 people, meanwhile sample used _ is 50 souls based on criteria inclusion that is aged 18-21 years and women with status student at the Health Polytechnic Aisiyiah Banten.

Instruments used by the research is type questionnaire which is question closed with use scale likert with score 1-5 (1 = strongly agree, 2 = agree, 3 = not sure, 4 = not agree, 5 = strongly disagree agree). Whereas the type of data used is the data retrieved in a way straight away or primary (filling questionnaire) and also the data taken in a way No direct that is secondary (student data). Meanwhile, the data analysis process uses SPP with Kolmogrov test type.

Results and Discussion

Table 1Aerobic Exercise Test with Dysmenorrhea pain intensity

Intervention	N	Mean	<i>p value</i>
<i>Pre-test</i>	25	7.61	0.001*
Post test	25	5.45	

* test kolmogrov

Table 1 shows that data after Subjects carried out aerobic exercise show change intensity painful desminore compared previously. The p value result is 0.001 which means there is significant relationship _ between non- pharmacological treatment (aerobic exercise) with intensity painful desminore.

Table 2Stretching Exercise Test with Dysmenorrhea pain intensity

Intervention	N	Mean	<i>p value</i>
<i>Pre-test</i>	25	29.3	1.00*
Post test	25	27.4	

* test kolmogrov

Table 2 shows that data after The subject carried out stretching exercises show No There is big change _ between intensity painful desminore compared previously. The result of the p value is 1.00 which means No there is significant relationship _ between non- pharmacological treatment (stretching exercise) with intensity painful desminore.

Table 3. Comparison of aerobic and stretching exercise

Variable	<i>Sig. (1-tailed)</i>
<i>Aerobic Exercise</i>	3.00
<i>Stretching Exercise</i>	1.00

Table 3 shows comparison of data that before and after done aerobic and stretching exercise subjects show exists change. Even though the stretching value (sig. 1.00) is not show quite a change big, however If seen from mark end both of them You're welcome give subtraction to painful desminore.

According to Hastuti, et al who stated that one _ function We exercising is body will Mamou produce endorphin hormone or also called _ hormone painkiller _ _ in a way experience in body, so eliminate the feeling of dysmenorrhea (Hastuti and Widiyaningsih 2020) .

Apart from that, exercise also works For expedite circulation blood with method increase supply blood to the reproductive organs. So that matter This can make woman more relax in face painful menstruation. And obey Janwarin Women who experience dysmenorrhea and want the pain reduce without use drugs or who needs it cost quite expensive, they are Can apply or use method nonpharmacology (Janwarin 2021) .

Research conducted by Oktamulyanisa _ with show results that there is change level dysmenorrhea pain before and after given movement physique in the form of aerobic exercise. By connection However of course No found it connection between aerobic exercise and degrees dysmenorrhea pain, however there is change painful dysmenorrhea on gymnastics participants in Aceh. This matter because it's aerobic exercise, isn't it? direct type of variable relate with decline degrees Dysmenorrhea pain (Oktamulyanisa 2021) .

Other research confirms this results study this, with do testa to group control and group intervention. The results show that given group _ intervention form movement physique show exists decline dysmenorrhea pain after doing gymnastics (p=0.001). So that Study This capable conclude that when moderate woman _ experienced dysmenorrhea recently given exercise or movement physique capable lower intensity painful during menstruation (Dartiwen 2022) .

Research conducted by Srimiyati _ state in his research that with do gymnastics while dysmenorrhea capable reduce painful period with p value =0.001 (Srimiyati 2018) . Study strengthen that when Woman routine sport as Routine also plays a role to decline intensity painful desminore. This matter showed with value (p = 0.003) which means that habit sport capable lower number incident primary desminorrhea in women (Wulandari, Ma'rifah, and Muhlishoh 2023) . Apart from being given handling during exercise, pain desminore can also reduce when We accompanying classical music. According to Maratus in his research show results that when woman currently experience desminore Then given gymnastics and accompanied by classical music can lower intensity painful the desminore (Sholikhah and Widiastuti 2021).

Conclusion

Desminorrhea pain is frequent conditions _ happens among people woman. Reason from desminore very diverse. Condition This of course No endanger but very annoying activity daily. Subtraction painful desminore Can done in two ways that is pharmacology (drugs) and non-pharmacology (non -drugs). Handling in a way nonpharmacological form *aerobic* and *stretching exercise* capable reduce painful desminore in sufferers with comparison value (*sig 1.tailed 3.00* and 1.00). As for shortcomings from researcher is researcher No give therapy or action exercise, only give education just. As for hope For study forward is application or given regular exercise real to subject study.

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