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EFFECT OF SELF-HYPNOSIS THERAPY AND MASSAGE COUNTER PRESSURE ON THE INTENSITY OF DYSMENORRHEA PAIN IN WOMEN ADOLESCENT

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ABSTRACT

Background of study: The incidence of dysmenorrhea in Indonesia is 64.2%, consisting of 54.9% experiencing primary dysmenorrhea and 9.4% experiencing secondary dysmenorrhea. The factors that support the dysmenorrhea incidence in women adolescent include early menarche, abnormal body mass index, family history, frequent consumption of fast food and junk food, length of menstruation, exposure to cigarette smoke, consumption of coffee and alexythimia, habit of drinking milk and anemia. The treatment that can be given to reduce dysmenorrhea includes pharmacological and non-pharmacological therapy. Non-pharmacological therapies that are safer, more comfortable and economical include self hypnosis and massage counter pressure techniques.

Methods: This study was a quantitative study with a quasi-experimental design, in which dysmenorrhea pain intensity was measured before and after being given Self Hypnosis therapy and Massage Counter Pressure therapy. The intervention was given two times in a row, that are on the first day of menstruation to the second day with a total duration of self hypnosis and Counter Pressure Massage of 30 minutes. The samples in this study were young women aged 13-18 years in Kepuh Village, Kertosono, Nganjuk, with the sampling technique that is purposive sampling. Door to door data collection by measuring the dysmenorrhea pain scale using the Numerical Rating Scale (NRS)

Results: Based on the results of the Dysmenorrhoe Pain intensity score, before and after being given the treatment of Self Hypnosis therapy and Massage counter pressure, it showed a decrease in the average Dysmenorrhoe pain intensity score in women adolescent in Kepuh village, Kertosono District. The results of statistical tests using the paired sample T test show that the Sig.(2-tailed) value is $0.000 < \alpha (0.05)$. Then H_0 is rejected. it means that there is a significant difference in the average reduction in pain intensity.

Conclusion: Giving Self Hypnosis and Massage Counter Pressure treatment can reduce the intensity of Dysmenorhea pain in young women.

Keywords: Self Hypnosis, Counter Pressure Massage, Dysmenorrhea, Adolescent

1. INTRODUCTION

Women's reproductive health has an important role in creating quality families. Adolescence is the age when children no longer feel below the level of their elders, but are at the same level. The growth and development of adolescents is very rapid, both physically and psychologically which is marked by the maturity characteristics of the reproductive organs, including women experiencing menstruation and in men producing sperm. Menstruation occurs every month according to the cycle. In this condition, some women adolescent will experience discomfort before or during menstruation, commonly called dysmenorrhea.

The incidence of dysmenorrhea in Indonesia is 64.2%, consisting of 54.9% experiencing primary dysmenorrhea and 9.4% experiencing secondary dysmenorrhea. The factors that support the incidence of dysmenorrhea in women adolescent include early menarche, abnormal body mass index, family history, frequent consumption of fast food and junk food, length of menstruation, exposure to cigarette smoke, consumption of coffee and alexythimia, habit of drinking milk and anemia¹. Treatment that can be given to reduce dysmenorrhea includes pharmacological and non-pharmacological therapy. Non-pharmacological therapies that are safer, more comfortable and economical include self hypnosis and massage counter pressure techniques.

The purpose of this study was to prove the effect of self-hypnosis therapy and massage counter pressure therapy on reducing dysmenorrhea pain intensity in women adolescent.

2. METHOD

This research is a quantitative study with a Quasy Experimental design, in which the intensity of dysmenorrhea pain was measured before and after being given Self Hypnosis therapy and Massage Counter Pressure therapy. The intervention was given 2 times in a row, that is the first day of menstruation, to the second day with a total duration of Self Hypnosis and Counter

1. Age distribution of women adolescent in Kepuh Village, Kertosono District, Nganjuk Regency

Pressure Massage of 30 minutes. The sample in this study were women adolescent aged 13-18 years in Kepuh Village, Kertosono, Nganjuk, with the sampling technique that is purposive sampling. And then the data collection was done door to door by measuring the Dysmenorrhoe pain scale using the Numerical Rating Scale (NRS). The analysis used was the Paired Sample T-Test to prove the effect of Self Hypnosis therapy and Massage Counter Pressure therapy on reducing Dysmenorrhoe pain in women adolescent.

3. RESULT

This research was conducted in Kepuh Village, Kertosono District, Nganjuk Regency with 25 young women as research subjects. The data taken in this study included: general data (consisting of: age, receiving information about Dysmenorrhoea,) Dysmenorrhoea Pain intensity before and after being given Self Hypnosis and Massage Counter Pressure treatment, and the effect of giving Self Hypnosis treatment and Massage Counter Pressure massage, as measured using the Numerical Rating Scale (NRS). The research results are presented in the table below:

Table 1. Age Frequency Distribution of Young Women who experience Dysmenorrhea

	N	Min	Max	Mean	Std. Dev.
Age of women adolescent	25	14	18	16,08	1,27541

Based on the table 1 above, it illustrates that the age distribution of women adolescent in Kepuh Village, Kertosono District, is the lowest being 14 years old and the highest is 18 years old with an average age of 16 respondents. It shows that most of respondents are in the middle adolescent phase. According to (Potter & Perry, 2009) in Wulandari, A et al (2018), Adolescence consists of several subphases, namely early adolescence (11-14 years), middle adolescence (15-17 years), and late adolescence (18 -20 years). Teenagers experience an important event, namely puberty. Puberty is a series of events leading to sexual maturity with accelerated growth, maturation of the skeleton, development of sexual characteristics and achievement of fertility in which adolescents must be able to adapt to the physical and psychological changes that occur.

2. Distribution of the frequency of receiving information about Dysmenorrhoe among young women in Kepuh Village, Kertosono District

Table 2. Frequency Distribution of Information Reception about Dysmenorrhoe

Receiving Information	Frequency	%
Ever	23	92
Had Never	2	8
Total	25	100

Based on the table 2 above illustrates that most of the respondents had received information about Dysmenorrhoe, namely 23 people (92%) and 2 people (8%) had never received information about Dysmenorrhoe.

3. Distribution of information sources frequency about Dysmenorrhoe for young women in Kepuh Village, Kertosono District

Table 3. Frequency Distribution of Information Sources about Dysmenorrhoe in women adolescent

Information Sources	Freq.	%
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Parents		24
Teacher/ Shcool	6	4
Friends	1	44
Social Media	11	20
Nothing	5	8
	2	
Total	25	100

Based on the table 3, it illustrates that the majority of respondents received information about Dysmenorrhoe from 11 people (44%).

4. Pain intensity before and after being given Self Hypnosis and Massage Counter treatment

Table 4 Frequency Distribution of Pain Intensity before and after being given the Self Hypnosis and Massage Counter treatment

	N	Min	Max	Mean	Std. Dev
Pain intensity before treatment	25	4,0	8,0	5,44	1,1575
Pain intensity after treatment	25	1,0	6,0	3,20	1,4434

Based on the table 4 above, it illustrates that before being given treatment, the lowest pain intensity felt by the respondent was 4 and the highest was 8 with average pain intensity of 5.44 indicating moderate pain. After being given treatment, the pain intensity decreased to the lowest being 1 and the highest being 6 with an average of 3.2 indicating mild pain.

5. The effect of giving treatment to reducing the pain intensity of dysmenorrhea.

Table 5 Test Results Analysis of giving treatment to reduce the intensity of Dysmenorrhea pain

	t value	dF	Sig. (2-tailed)	Sig. (α=0,05)
Treatment	8,836	24	0,000	Significan

From the table 5 above it can be seen that the Sig.(2-tailed) value is $0.000 < \alpha (0.05)$. Then H_0 is rejected, it means that there is significant difference in the average reduction in pain intensity. Thus it can be concluded that the administration of Self Hypnosis and Massage Counter Preseur treatment can reduce the intensity of pain in cases of dysmenorrhea.

4. DISCUSSION

From the table 2 it can be seen that the Sig.(2-tailed) value is $0.000 < \alpha (0.05)$. Then H_0 is rejected, it means that there is a significant difference in the average decrease in Dysmenorrhoe pain intensity. Thus it can be concluded that the giving of Self Hypnosis therapy and Massage Counter Pressure can reduce the intensity of Dysmenorrhoe pain in women adolescent.

Based on the results of the Dysmenorrhoe Pain intensity score, before and after being given the treatment of Self Hypnosis

therapy and Massage counter pressure, it showed a decrease in the average Dysmenorrhoe pain intensity score in women adolescent in Kepuh village, Kertosono District.

This research is in line with research conducted by Puji Lestari in 2018 which stated that there were differences in the level of pain during menstruation in the intervention group and the control group of DIII Midwifery Study Program students at Ngudi Waluyo University after being given treatment in the form of self-hypnosis and yoga exercises (Puji Lestari and

Risma Aliviani Putri .(2018)). Self hypnosis therapy can increase the levels of endorphins in the body which can reduce pain and anxiety. This self-hypnosis therapy is easily carried out by anyone who needs it, is practical and can be carried out wherever and whenever desired, so it is very suitable to be given to women adolescent who have complaints of dysmenorrhea.

Self hypnosis is a technique to program ourself. This technique can be done by reaching the subconscious mind for reprogramming and cleaning data on the subconscious mind. This self-hypnosis is a form of guided imaginary therapy, namely relaxation, which aims to reduce stress and increase feelings of calm and peace so that it can reduce the intensity of pain. Fahmawati, Hs. (2018) Goldberg, Bruce. (2015). The simple steps of self-hypnosis consist of initial relaxation, relaxation of the eyes, neck and hands, deepening, self-programming, ending (Budiantari, Kadek I. (2021).

One of the non-pharmacological therapies that can be given to women who experience menstrual pain is counter pressure massage (Muliati 2018). Counter pressure is a strong pressure massage on the back of the body using the back of the hand or a tennis ball. This massage therapy is a method that can provide comfort to women who experience menstrual pain (Rusmiyati et al. n.d.), because this massage can relieve pain with the get control theory, namely pain impulses can be inhibited by defenses along the central nervous system (Oktavianis and Sar2020).

The results of this study indicate that by the giving two therapies, namely self-hypnosis therapy and Massage Counter Pressure, it can significantly reduce the intensity of Dysmenorrhoe Pain so that the giving of this therapy can be one of the recommendations for providing non-pharmacological therapy for women adolescent who experience Dysmenorrhoea in Kepuh village area in particular, and all young women in general who want non-pharmacological therapy as an effort to overcome the primary dysmenorrhea they experience.

5. CONCLUSION

1. There is a lower difference in pain intensity before and after being given Cell

Hypnosis therapy and Massage counter Preseur treatment

2. It can be proven by analysis of paired sample T-Test Sig.(2-tailed) with $0.000 < \alpha (0.05)$, H_0 is rejected that there is an effect of giving Hypnosis Cells and massage counter pressure on the intensity of Dysmenorrhea pain in young women in Kepuh Village Kertosono District, Nganjuk Regency.

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