

ABSTRACT

COMPARISON OF THE EFFECTIVENESS OF WARM COMPRESS AND COLD COMPRESS ON DYSMENORRHEA IN ISLAMIC JUNIOR HIGH SCHOOL 3 JOMBANG, JOMBANG DISTRICT, JOMBANG REGENCY

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Dysmenorrhea pain can be reduced nonpharmacologically, among others by the technique of giving warm and cold compresses, but many teenagers have not used it, because they do not understand about giving warm and cold compresses. The purpose of this research was to compare the effectiveness of warm and cold compresses against dysmenorrhea in female students. The research design was quasi experimental. The research variables were two, namely the effectiveness of warm and cold compress as independent variables and dysmenorrhea as the dependent variable. The population of this study were all students who had menstruation at Islamic Junior High School 3 Jombang, as many as 931 respondents. The sample was taken by consecutive sampling technique of 36 respondents. Data were collected by observation sheet of bourbonaic pain scale and tested with the Wilcoxon Rank Test performed by using the SPSS program. The results showed that there was a comparison of the effectiveness of warm and cold compresses against dysmenorrhea 0,000, then $p < \alpha$ (0.05), then H_0 was rejected and H_1 was accepted. Cold compresses are more dominant to reduce pain intensity because it was better able to suppress the autonomic nerve response to the brain, whereas warm compresses cause vasolidation associated with widening local blood vessels. It is expected that the School Medical Room officers at Islamic Junior High School3 Jombang can call on students to provide warm and cold compress therapy directly to students who experience dysmenorrhea as a non-pharmacological therapy to reduce pain intensity.

Keywords: *Warm compress, cold compress, Dysmenorrhea*

ABSTRAK

PERBANDINGAN EFEKTIVITAS *KOMPRES HANGAT* DAN *DINGIN* TERHADAP DISMINORE DI MTsN 3 JOMBANG KECAMATAN JOMBANG KOTA, KABUPATEN JOMBANG

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Nyeri disminore dapat dikurangi secara nonfarmakologis antara lain dengan teknik pemberian kompres hangat dan dingin, akan tetapi banyak remaja yang belum menggunakan, karena belum memahami tentang pemberian kompres hangat dan dingin. Tujuan penelitian ini untuk mengetahui perbandingan efektivitas kompres hangat dan dingin terhadap disminore pada siswi. Desain penelitian ini *quasi experimental*. Variabel penelitian ada dua yaitu efektivitas kompres hangat dan dingin sebagai variabel independen dan disminore sebagai variabel dependen. Populasi penelitian ini seluruh siswi yang mengalami menstruasi di MTsN 3 Jombang, sebanyak 931 responden. Sampel diambil dengan teknik *consecutive sampling* 36 responden. Data dikumpulkan dengan lembar observasi skala nyeri *bourbonais* dan di uji dengan uji *Wilcoxon Rank Test* yang dikerjakan dengan menggunakan program SPSS. Hasil penelitian menunjukkan ada perbandingan efektivitas kompres hangat dan dingin terhadap disminore 0,000 maka $p < \alpha$ (0,05), maka H_0 ditolak dan H_1 diterima. Kompres dingin lebih dominan untuk menurunkan intensitas nyeri karena lebih mampu menekan respon saraf otonom ke otak, sedangkan pada kompres hangat menyebabkan vasodilatasi yang berhubungan dengan pelebaran pembuluh darah lokal. diharapkan petugas UKS di MTsN 3 Jombang dapat menghimbau siswi untuk memberikan langsung terapi kompres hangat dan dingin pada siswi yang mengalami disminore sebagai salah satu terapi nonfarmakologi untuk menurunkan intensitas nyeri.

Kata kunci : *Kompres hangat, Kompres dingin, Dismenore*