

ACUPRESSURE TRAINING USING AROMATHERAPY AS AN EFFORT TO OVERCOME DYSMENORRHEA IN ADOLESCENTS IN PEGADINGAN VILLAGE KRAMATWATU DISTRICT SERANG REGENCY

Husnul Khotimah^{1*}, Sri Utami Subagio²

Midwifery DIII Study Program Universitas Faletehan

^{1*} husnulmehu@gmail.com, ² amisubagio@gmail.com

Abstract

One of the complaints during menstruation is dysmenorrhea. The way of healing to reduce the symptoms of dysmenorrhea in addition to pharmacological therapy is by giving acupressure using aromatherapy. This community service activity uses the Community Development method (community empowerment). The activity will be held in April 2022. The location of the activity is in Pegadingan Village, Kramatwatu District, Serang Regency. The target of this community service activity is 26 teenagers. This activity is an outreach and training on acupressure using aromatherapy. The pretest and post-test scores showed a change in the form of an increase in the number of participants who understood from 20 participants (77%) at the time of the pre-test then an increase in the number of participants who understood as many as 26 people (100%). There is an increase in post-test results showing that training on acupressure using aromatherapy can improve adolescents' knowledge and skills about acupressure using aromatherapy to treat dysmenorrhea.

Keywords: Acupressure Training, Dysmenorrhea.

INTRODUCTION

Adolescent or adolescence is a critical period of transition from child to adult. In adolescents, hormonal, physical, psychological, and social changes occur sequentially. In girls, the onset of puberty occurs at the age of 8 years while in boys occurs at the age of 9 years. Genetic, nutritional, and other environmental factors are thought to play a role in the onset of puberty. Physical changes that occur during the puberty period are also followed by emotional and psychological maturation. Psychosocially, growth in adolescence (adolescent) is divided into 3 stages, namely early, middle, and late adolescent. Each stage has its own characteristics. Everything that interferes with the process of physical and hormonal maturation in adolescence can affect psychological and emotional development so a good understanding of the process of change that occurs in adolescents from all aspects is needed (Batubara, 2016).

Menstruation is a physiological event for women who are teenagers, in this case, their reproductive hormones have started to work. Menstruation is an indicator of sexual maturity in adolescent girls. However, unfortunately, not all teenagers can go through menstruation normally, because many also experience complaints during menstruation (Solehati et al., 2018).

One of the complaints during menstruation is dysmenorrhea. Dysmenorrhea (menstrual pain) is abdominal pain that comes from uterine cramps that occur during menstruation. Dysmenorrhea consists of primary and secondary dysmenorrhea. As many as 90% of adolescent girls worldwide experience menstrual problems and more than 50% of menstruating women experience primary dysmenorrhea. Primary dysmenorrhea is menstrual pain that is not based on pathological conditions, while secondary dysmenorrhea is menstrual pain that is based on pathological conditions. Primary dysmenorrhea occurs due to an increase in prostaglandin (PG) F₂-alpha which is a cyclooxygenase (COX-2) which causes hypertonus and vasoconstriction in the myometrium resulting in ischemia and pain in the lower abdomen (Larasati & Alatas, 2016).

The most common form of dysmenorrhea experienced by adolescents is stiffness or spasms in the lower abdomen. It feels so uncomfortable that it causes irritability, irritability, nausea, vomiting, weight gain, flatulence, back pain, headaches, acne, tension, lethargy, and depression (Larasati & Alatas, 2016; Maksun et al., 2019).

There are several risk factors that influence the occurrence of dysmenorrhea. In some literature, the risk factors that are often associated with dysmenorrhea are early menarche, family history of dysmenorrhea, abnormal body mass index, eating fast food habits, duration of bleeding during menstruation, exposure to cigarette smoke, coffee consumption and alexythimia (Larasati & Alatas, 2016).

Handling of dysmenorrhea so far has been more about giving pharmacological therapy, such as giving analgesics. Analgesic drugs can cause tolerance, dependence, and withdrawal symptoms. Another way of healing to reduce the symptoms of dysmenorrhea besides pharmacological therapy is by giving acupressure and aromatherapy (Sari, 2019).

Acupressure is a Chinese medicine that has been known for thousands of years by applying pressure or massage and stimulating certain points in the body. Basically, acupressure therapy is a development of acupuncture techniques, but the media used is not a needle, but a finger or a blunt object. The goal is to stimulate the natural ability to heal oneself by restoring the body's positive energy balance (Fengge, 2012).

Aromatherapy is a healing method using highly aromatic concentrations of essential oils extracted from plants. Inhaling aromatherapy oils is considered the most direct and quick way of healing (Julianto, 2016).

Based on this information, it is necessary to provide health education about reproductive health for adolescents, especially about acupressure using aromatherapy to treat dysmenorrhea.

METHODS

The purpose of this community service activity is to carry out counseling on adolescent reproductive health and health education to overcome dysmenorrhea by means of acupressure using aromatherapy. The activity was carried out in the period of April 2021.

Community service activities are carried out in Pegadingan Village, Kramatwatu District, Serang Regency, which is about 3.7 km from the Faletahan University campus by driving by car and takes about 9 minutes.

The method of activity is Community Development, which is an approach that is oriented towards efforts to develop community empowerment by making the community both the subject and the object of development and involving them directly in various community service activities as an effort to increase their participation in development for their own

interests. Community service activities are carried out through community training. The details of the activities carried out are:

1. Preparation stage
 - Coordinate with Pegadingan Village Head
 - Distribution of pre-training questionnaires
2. Implementation Stage
 - Counseling on reproductive health for adolescents
 - Acupressure training using aromatherapy to treat dysmenorrhea
3. Evaluation
 - Distribution of questionnaires after counseling and training
4. Prepare community service reports

The targets in this community service activity are teenagers in Pegadingan Village, Kramatwatu, Serang District, Banten Province, and the target of this activity is 26 young women.

RESULTS AND DISCUSSION

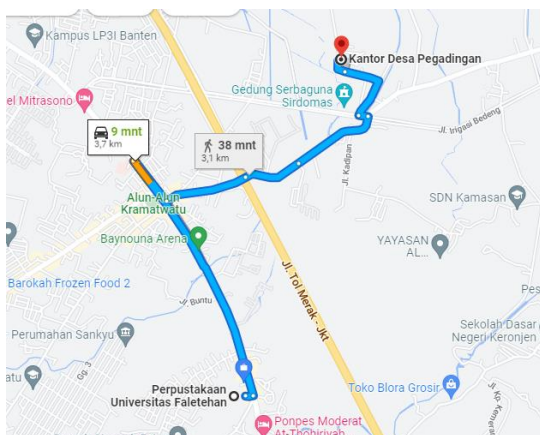


Figure 1. Community Service Location Map



Figure 2. Reproductive Health Counseling



Figure 3. Acupressure training

Table 1. Achievement of results

Trus No	Understanding of counseling materials	Pre test		Post test	
		Jml	%	Jml	%
1	Understand	20	77	26	100
2	Do not understand	6	23	-	0
Total		26	100	26	100

The counseling involving 26 young women generally showed encouraging things, namely 100% of the participants responded positively in terms of these activities, were able to understand reproductive health and were able to practice acupressure using aromatherapy to overcome dysmenorrhea.

The pretest and post-test scores showed a change in the form of an increase in the number of participants who understood from 20 participants (77%) at the time of the pre-test then an increase in the number of participants who understood as many as 26 people (100%).

The training participants were very enthusiastic about the material provided, the module books were very helpful to be read again at home. Based on the post-test results that have increased, it shows that training on acupressure using aromatherapy can improve adolescent knowledge and skills about acupressure using aromatherapy to overcome dysmenorrhea.

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Many studies have examined the reduction of dysmenorrhea pain by using acupressure and aromatherapy. However, it is still rare for researchers to combine these 2 therapies to treat dysmenorrhea pain. Based on the results of research by Khotimah (2021) it can be concluded that there is an effect of acupressure using aromatherapy on dysmenorrhea in DIII Midwifery students at Faletihan University.

The effect of suppressing one acupressure point can increase levels of endorphins which are useful as pain relievers produced by the body in the blood and endogenous opioid peptides in the central nervous system. Nervous tissue will provide a stimulus to the endocrine system to release endorphins according to the body's needs and is expected to reduce pain during menstruation or dysmenorrhea (Widyaningrum, 2013).

The severity of pain on the first day of menstruation before the intervention did not show a statistically significant difference for three consecutive months. Nonetheless, pain before and after lavender oil massage and placebo massage had statistically significant differences. (Renityas, 2017).

Other studies have also said that higher scores reflect greater severity of dysmenorrhea. Forty-four students volunteered to participate in this study. When lavender massage and placebo massage were compared, the visual analogue scale scores of lavender massage were found to decrease at a statistically significant level. This study shows that massage is effective in reducing dysmenorrhea. In addition, this study showed that the effect of aromatherapy massage on pain was higher than that of placebo massage (Apay et al., 2012).

Aromatherapy massage with essential oils is an effective complementary method to relieve pain in primary dysmenorrhea. Aromatherapy massage with essential oils is superior to massage with placebo oil. Aromatherapy massages with lavender oil only had a higher effect size than massages with lavender plus mixed essential oils. Sut. Aromatherapy massage can be used as a non-pharmacological method to reduce primary dysmenorrhea pain (Sajjadi et al., 2018).

Thus it can be concluded that the acupressure method using aromatherapy has an effect on decreasing the dysmenorrhea pain scale. The most likely cause is because the acupressure given will relax the respondent and the pressure points cause an increase in metabolism so that immunity increases, plus massage using aromatherapy is inhaled to the lungs, which provides benefits both psychologically and physically. Not only the aroma of essential oils stimulates the brain to trigger a reaction, the natural ingredients contained in essential oils when inhaled also provide several therapeutic effects so that respondents become more relaxed and can reduce the pain of dysmenorrhea that is felt (Khotimah & Subagio, 2021).

CONCLUSION

This community service provides many benefits for participants, namely teenagers, the real form is an increase in knowledge and skills in overcoming dysmenorrhea.

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