

## INTISARI

**Latar Belakang:** Masa remaja merupakan fase transisi yang ditandai dengan pubertas, salah satunya ditandai oleh menstruasi. Banyak remaja perempuan mengalami dismenore atau nyeri haid di perut bagian bawah. Penanganan umum biasanya menggunakan obat analgesik, namun penggunaan jangka panjang dapat menimbulkan efek samping, sehingga terapi non-farmakologis menjadi alternatif yang lebih aman. Salah satu metode yang digunakan adalah terapi Sujok, yaitu terapi komplementer asal Korea Selatan yang menstimulasi titik-titik tertentu di tangan dan kaki untuk mengurangi nyeri melalui pemijatan, biji tanaman, atau terapi warna.

**Tujuan Penelitian:** Mengetahui pengaruh terapi Sujok terhadap penurunan nyeri haid pada remaja putri di Pondok Pesantren Sahabatqu.

**Metode:** Penelitian pre-eksperimen one group pre-test and post-test dilakukan pada 3–15 Agustus 2025 di Pondok Pesantren Sahabatqu, melibatkan 73 responden yang dipilih dengan teknik consecutive sampling. Intensitas nyeri diukur menggunakan Numeric Rating Scale (NRS). Analisis data dilakukan secara univariat dan bivariat menggunakan uji Wilcoxon Signed-Rank Test.

**Hasil:** Sebagian besar responden mengalami dismenore pada usia menarche dini dengan sensasi nyeri menusuk pada area tangan kanan. Setelah terapi Sujok selama 15 menit, terjadi penurunan signifikan intensitas nyeri dengan nilai  $z = -7,64$  dan  $p = 0,000$  ( $p < 0,005$ ).

**Kesimpulan:** Terdapat pengaruh bermakna terapi Sujok terhadap penurunan skala nyeri haid pada remaja putri di Pondok Pesantren Sahabatqu.

**Kata Kunci:** Dismenore, Remaja, Sujok, Pondok Pesantren

## ***ABSTRACT***

**Background:** *Adolescence is a transitional phase marked by puberty, during which girls experience menstruation that is often accompanied by lower abdominal pain or dysmenorrhea. Common management involves pharmacological treatment using analgesics; however, long-term use may cause side effects. Therefore, non-pharmacological approaches are gaining interest, one of which is Sujok therapy. Sujok is a complementary therapy from South Korea that stimulates specific points on the hands and feet to reduce pain through non-invasive techniques such as massage, seed application, or color therapy.*

**Objective:** *To determine the effect of Sujok therapy on reducing menstrual pain among adolescent girls at Pondok Pesantren Sahabatqu.*

**Methods:** *This study used a quantitative pre-experimental one-group pre-test and post-test design conducted from August 3–15, 2025, at Pondok Pesantren Sahabatqu. A total of 73 respondents were selected using consecutive sampling. Pain intensity was measured using the Numeric Rating Scale (NRS). Data were analyzed using univariate analysis to describe respondent characteristics and the Wilcoxon Signed-Rank Test to assess changes in pain intensity before and after therapy.*

**Results:** *Most respondents experienced dysmenorrhea at an early menarche age with a stabbing pain sensation localized in the right-hand basic system area. After 15 minutes of Sujok therapy, there was a significant decrease in pain intensity with  $z = -7.64$  and  $p = 0.000$  ( $p < 0.005$ ).*

**Conclusion:** *Sujok therapy has a significant effect on reducing dysmenorrhea intensity among adolescent girls at Pondok Pesantren Sahabatqu.*

**Keywords:** *Dysmenorrhea, Adolescents, Sujok, Islamic Boarding school*