

ABSTRAK

PERBEDAAN PENGGUNAAN *COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)*: YOGA DAN *SELF TAPPING* TERHADAP INTENSITAS NYERI *DYSMENORRHEA* PRIMER PADA SISWA SMK “A” DI PEDAN KLATEN

Mar’atun Ulaa¹, Wiwin Lismidiati², Elsi Dwi Hapsari²
¹Mahasiswa Magister Keperawatan Fakultas Kedokteran UGM
²Dosen Magister Keperawatan Fakultas Kedokteran UGM

Latar Belakang: *Dysmenorrhea* merupakan keluhan yang sering terjadi pada remaja putri, ditandai dengan nyeri. Nyeri *dysmenorrhea* memiliki dampak yang signifikan terhadap kehidupan perempuan, seperti keterbatasan dalam aktivitas sehari-hari. *Dysmenorrhea* primer dapat diatasi menggunakan yoga dan *self tapping*.

Tujuan: mengetahui perbedaan penggunaan *Complementary and Alternative Medicine (CAM)*: yoga dan *self tapping* terhadap perubahan intensitas nyeri *dysmenorrhea* primer, tekanan darah dan nadi.

Metode: jenis penelitian ini adalah *Quasi Experiment* dengan rancangan *nonequivalent pretest-posttest control group design* yang dilaksanakan pada bulan November 2016 sampai Februari 2017 di SMK “A” Pedan Klaten dan SMK “B” Klaten. Sampel 88 orang (47 kelompok eksperimen, 41 kelompok kontrol). Kelompok eksperimen diberikan intervensi yoga, kelompok kontrol diberikan intervensi *self tapping*. Alat ukur menggunakan *Numerical Rating Scale (NRS)* dan tensimeter digital yang telah dilakukan kalibrasi. Analisis data menggunakan uji *t-test for independent sample*, *t-test related*, *Mann-Whitney test*, *Wilcoxon*, *Chi-Square* dan *McNemar*.

Hasil: Secara statistik yoga dan *self tapping* sama-sama efektif dalam menurunkan intensitas nyeri *dysmenorrhea* primer dengan nilai *p* masing-masing 0,000 dan 0,003. Secara statistik yoga lebih efektif dalam menurunkan tekanan darah ($p=0,004$) dibandingkan dengan *self tapping* ($p=0,424$). Secara statistik yoga lebih efektif dalam menurunkan nadi ($p=0,012$) dibandingkan dengan *self tapping* ($p=0,064$).

Kesimpulan: yoga lebih efektif dalam menurunkan intensitas nyeri dibandingkan dengan *self tapping*.

Kata kunci: *dysmenorrhea* primer, *complementary and alternative medicine (CAM)*, yoga, *self tapping*, nyeri, tekanan darah, nadi.

ABSTRACT

DIFFERENCES USE OF *COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)*: YOGA DAN *SELF TAPPING* TOWARDS PAIN INTENSITY OF PRIMARY DYSMENORRHEA ON STUDENTS OF STATE VOCATIONAL HIGH SCHOOL IN PEDAN KLATEN

Mar'atun Ulaa¹, Wiwin Lismidiati², Elsi Dwi Hapsari²

¹Nursing Student, Master of Nursing Program Universitas Gadjah Mada

²Lecturer, Master of Nursing Program Universitas Gadjah Mada

Background: Dysmenorrhea is a common complaint in young women, characterized by pain. Dysmenorrhea pain has a significant impact on women's lives, such as limitations in daily activities. Primary dysmenorrhea can be treated using yoga and self tapping.

Objective: understanding differences on use of Complementary and Alternative Medicine (CAM), such as yoga and self tapping towards changing pain intensity of primary dysmenorrhea, blood pressure and pulse.

Method: Study was conducted by quasi experiment with nonequivalent pretest-posttest control group design. Study was conducted on November 2016 until Februari 2017 in SMK "A" Pedan Klaten and SMK "B" Klaten. Sample of study amounted 88 respondent divided on 47 respondent on experimental group and 41 respondent as control group). The experimental group was given a yoga intervention, control group was given self tapping. Measuring tool using Numerical Rating Scale (NRS) and digital tensimeter which has been done calibration. Data analysis using t-test for independent sample, t-test related, Mann-Whitney test, Wilcoxon, Chi-Square and McNemar.

Result: Statistically yoga and self tapping were equally effective in reducing the pain intensity of primary dysmenorrhea with p values of 0.000 and 0.003 respectively. Statistically yoga is more effective in lowering blood pressure ($p = 0.004$) compared with self tapping ($p = 0.424$). Statistically yoga is more effective in reducing pulse ($p = 0.012$) compared with self tapping ($p = 0.064$).

Conclusion: Yoga become more effective intervention on reduction pain intensity of primary dysmenorrhea compared to self tapping.

Keyword: Primary Dysmenorrhea. Yoga, Self Tapping, pain, blood pressure and pulse pressure