

PELVIC ROCKING AND ACUPRESSURE POINT Li 4 (Hequ) AGAINST DISMINORE IN CLASS X TEXMACO VOCATIONAL STUDENTS SEMARANG CITY

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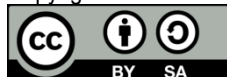
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ABSTRACT

Menstruation is a natural and physiological process in a woman. In early teens, menstruation sometimes causes fear and worry, because when menstruation comes it is usually accompanied by several complaints, one of which is menstrual pain (dysmenorrhea). One intervention for treating dysmenorrhea is non-pharmacological management, such as pelvic rocking exercise and Point Li 4 (Hequ) acupressure. Based on the research journal Novi Nur and Yuniati, these two treatments are very effective in reducing pain because they both function to produce endorphin hormones. The aim of this research was to determine the effectiveness of the combination of Lavender Pelvic Rocking Aromatherapy and Li 4 (Hequ) point acupressure in reducing dysmenorrhea pain in class. The results of the research show that the p value = 0.085, which means the value is >0.05, so it can be concluded that there is no significant difference in the effectiveness of pelvic rocking intervention and Li 4 (Hequ) point acupressure combined with lavender aromatherapy in reducing dysmenorrhea pain in class X female students at Texmaco Vocational School. Semarang so Ho was accepted.

Keywords : Dysmenorrhea, Pelvic Rocking Exercise, Li4 point acupressure (Hequ)

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INTRODUCTION

Adolescence is a development in humans which has three aspects, namely biological, psychological and socio-economic which has an age limit of 10-20 years. Adolescents are individuals who develop when they begin to show secondary sexual signs until they reach sexual maturity, individuals who experience psychological development from children to adults, and individuals who experience a transition from complete socio-economic dependence on circumstances so that they become more independent (Sari, 2022).

Dysmenorrhea is pain or tenderness in the lower part of the stomach occurs when women experience their menstrual cycle (Ratnawati, 2017). Dysmenorrhea is not dangerous to health, but if left untreated it can

cause discomfort that can interfere with teenagers' activities, both daily activities and activities at school. Dysmenorrhea has a high impact on life women, resulting in restrictions on daily activities, poor academic achievement lower in adolescents, and poor sleep quality, as well as having effects negative impact on mood, causing anxiety and depression (Bernardi, 2017).

According to data from the World Health Organization WHO (2012), the incidence of dysmenorrhea cases is quite high, research results showed that 54.9% experienced dysmenorrhea, ranging from mild to 24.25%, moderate to 21.28% and severe to 9.36%. This means that 1 in 10 teenagers experience severe dysmenorrhea (Purwanti, 2014). The incidence of dysmenorrhea in the world is very large, in

several international reports the prevalence of dysmenorrhea is very high and at least 45-90% of women experience dysmenorrhea throughout the reproductive years (Savitri, 2015).

Women who experience primary dysmenorrhea cannot do sports or concentrate on studying because the pain they feel is so intense, this reduction in quality of life can also be felt by women who work because of menstrual pain. great, work activities are disrupted so that you cannot carry out your tasks optimally. This problem is usually not diagnosed and no treatment is given (Afiyanti, 2016). Pain in primary dysmenorrhea sometimes really interferes with daily activities, so various efforts are made both pharmacologically and non-pharmacologically to overcome this pain. Non-pharmacological therapy has been proven to be safer and does not cause side effects like drugs. Non-pharmacological therapy to help reduce *dysmenorrhea* including a number of spices, warm compresses on the back, lower abdomen, warm baths, massage, exercise, aromatherapy, listening to music, reading books or watching films .Apart from that, non-pharmacological therapy to reduce *dysmenorrhea* including by doing massages such as *acupuncture*, *acupressure* and *counterpressure* . *Pelvic rocking exercise* is an effective form of exercise and has several benefits. *Pelvic rocking exercise* is easy to do anywhere. *Pelvic rocking exercise* can strengthen the abdominal and waist muscles. This exercise can reduce pressure on the waist, pressure on blood vessels in the uterine area, and reduce pressure on the bladder. *Pelvic rocking exercise* It also helps to relax and improves the digestive process. Mechanism *pelvic rocking* is an exercise that creates small movements in the pelvis. This movement stimulates the release of endorphin hormones which create a feeling of comfort and relaxation in the body (Suriyati., 2019)

Pressure on the hequ point (LI4) works to remove external heat, expel wind, and clean the lungs. Benefits produced from giving *acupressure* Hequ point (LI4), which can reduce pain intensity *decrease*. The technique given is in the direction of the hequ massage, pressing horizontally to the back of the hand, not vertically

to the palm.

That 4 (*Hequ*), has a very strong sedative and antispasmodic action, so it is used in many painful conditions, both in the meridians and organs, especially in the stomach, intestines and uterus (in this case can also be used to reduce dysmenorrhea pain) (Natalia W, Komalaningsih S, Syarief O, Wirakusumah FF, 2020). The Li 4 point is in the middle of the thumb and index finger, can be done alone either in a sitting or lying position. Works to reduce menstrual cramps, regulate the menstrual cycle, and treat pain (Pangastuti D, 2018).

Research conducted by (Novi Nur Ratnasari, 2018) regarding the Effectiveness of Pelvic Rocking Exercise on Primary Dysmenorrhea Pain showed that there was an influence of pelvic rocking exercise on primary dysmenorrhea pain (Appleton, 2012).

This research is also supported by research by (Renityas, 2017) who examined Hequ Point Acupressure Effectively Reducing Dysmenorrhea, the results of which showed that Hequ Point acupressure was effective in reducing menstrual pain.

Referring to this data, research needs to be carried out to find out how Combination Effectiveness Aromatherapy Lavender with *Pelvic Rocking* and *Acupressure* Point Li 4 (*Hequ*) To decrease For Texmaco Class X Semarang Girls

METHOD

The research was conducted at Texmaco Vocational School Semarang from February 2023 to March 2023. This type of research is quantitative. The research design uses quasi experimental with *Two Group pre and post test design*. Treatment was given on days 2 and 3 of dysmenorrhea. Next, the level of pain was measured before and after giving the intervention. The population of this study was the average number of teenagers who experienced primary dysmenorrhea from January 2023 at SMK Texmaco Semarang, 38 people. The inclusion criteria in this study were adolescent girls aged 10-19 years, experiencing primary dysmenorrhea on the 2nd and 3rd day of menstruation and adolescent girls who

experienced mild to moderate pain (1-6). The exclusion criteria were respondents with pathological pain (infection/pain due to a disease), young women who had gynecological diseases, young women who experienced primary dysmenorrhoea by taking analgesic medication, young women who had other non-pharmacological therapies such as compresses or other therapies such as herbal medicine, There are wounds or fractures (injuries) in the area where acupressure will be carried out, there are injuries to the pelvic and vertebrate bones, there is a decrease in function in the pelvic and vertebrate muscle bone areas. The population in this study was 58 teenage girls who experienced dysmenorrhea at Texmaco Vocational School, Semarang. The research sample was 50 people divided into 2 groups, each group consisting of 25 samples calculated based on Roscoe's Theory. The sampling technique in this research is purposive sampling. The variables in this study are the administration of pelvic rocking acupressure and the administration of acupressure with the Li 4 point (*Heq*). The research instruments used Observation Sheets, VAS sheets, Pelvic Rocking Acupressure SOP, Point Li 4 Acupressure SOP (*Heq*). Bivariate analysis was carried out using the Shapiro Wilk statistical test and the Dependent T-Test.

The hypotheses in this research are the Alternative Hypothesis (H_a) and the Null Hypothesis (H_0). H_a in the research is that there is a difference in the effectiveness of pelvic rocking acupressure and Li 4 point acupressure (*Hequ*) on reducing dysmenorrhea pain in adolescent girls at Texmaco Vocational School, Semarang. Meanwhile, H_0 in this study is that there is no difference in the effectiveness of Pelvic Rocking acupressure and Li 4 point acupressure (*Heq*) on reducing dysmenorrhea pain in adolescent girls at Texmaco Vocational School, Semarang. This, the hypothesis of this research is that H_a is accepted and H_0 is rejected, which means that there is a difference in the effectiveness of Pelvic Rocking Acupressure and Li 4 point acupressure (*Hequ*) on reducing dysmenorrhea pain in adolescent girls at Texmaco Vocational School, Semarang.

RESULTS

This research was conducted from 16 January 2023 to 25 January 2023 with a population of 50 people, which is the number of young women who experienced primary dysmenorrhea at the Al Islah Putri Mangkang Islamic Boarding School, Semarang. 32 respondents, each respondent was divided into two treatment groups, namely 16 respondents in the intervention group (Dysmenorrhea Exercise) and 16 respondents in the control group (Sanyinjiao point acupressure). Intervention was provided to young women who experienced dysmenorrhea on the 2nd day and 3rd day. This research was conducted at Al Islah Putri Mangkang Islamic Boarding School, Semarang City.

Table 4.1 Age Distribution of Respondents at Texmaco Vocational School Semarang February 2023 (n=15)

Variabel	Mean	Min	Max	Std. Deviation
Combination of Pelvic Rocking with Lavender Aromatherapy	15,47	14	18	0,915
Combination of Li 4 (<i>Hequ</i>) point acupressure with Lavender Aromatherapy	15,60	15	16	0,507

Table 4.2 Description of Respondents' Dysminorrhoea Pain before and after intervention Combination Pelvic Rocking with Lavender aromatherapy at Texmaco

**Vocational School Semarang February 2023
(n=15)**

Nyeri Disminorea	Mean	Min	Max	Std. Deviation
Before Intervention	5,20	4	7	1,014
After Intervention	3,60	2	5	0,712

Table 4.3 Description of Respondents' Dysminorrhoea pain before and after intervention Combination Acupressure point Li 4 (Hequ) with Aromatherapy Lavender at Texmaco Vocational School Semarang February 2023 (n=15)

Table 4.4 Effect of combination Pelvic Rocking with Aromatherapy Lavender against pain dysmenorrhea in female

Nyeri Disminorea	Mean	Min	Max	Std. Deviation
Before Intervention	4,833	3	6,5	1,1127
After Intervention	2,80	2	5	0,9024

students Texmaco Vocational School Semarang February 2023 (n = 15)

Table 4.5 Influence Pelvic Rocking combination with Aromatherapy Lavender against pain dysmenorrhea for female

Nyeri Disminorea	Asymp. Sig
Before Intervention	0,000
After Intervention	

students at SMK Texmaco Semarang February 2023 (n = 15)

Table 4.6 Differences intervention effectiveness

Nyeri Disminorea	Negatif Ranks N	Positif Ranks N	Asymp. Sig	Ties
Before Intervention	15	0	0,001	0
After Intervention				

Ss combination Pelvic Rocking With Aromatherapy Lavender and Combination Acupressure Point Li 4 (Hequ) with

Aromatherapy Lavender for female students at SMK Texmaco Semarang February 2023 (n = 15)

Table 4.7 Differences intervention effectiveness combination Pelvic Rocking With Aromatherapy Lavender and

Variable	Mean	Std. Deviation
The difference in the combination of Pelvic Rocking with Lavender aromatherapy	1,6	0,6325
The difference between the combination of Acupressure Point Li 4 (Hequ) with Lavender Aromatherapy	2,033	0,6935

Combination Acupressure Point Li 4 (Hequ) with Aromatherapy Lavender for female students at SMK Texmaco Semarang February 2023 (n = 15)

Variabel	Asymp. Sig
Differences in the combination of Pelvic Rocking with Lavender aromatherapy - Differences in the combination of Acupressure Point Li 4 (Hequ) with Lavender Aromatherapy	0,085

DISCUSSION

The discussion contains a narrative that compares the results of the study with the results of previous research. Other reference sources (from previous research) are aimed at strengthening the argumentation of the results of research that has been done. Emphasis is placed on the similarities, differences, or uniqueness of the findings obtained. The reasons for these findings need to be discussed. The implications of the results are written to clarify the impact of the results and advances in the science studied. The discussion ended with various research limitations.

CONCLUSION

Providing pelvic rocking and point acupressure interventions *acupressure point Li 4 (Hequ)* both have an effect on reducing the pain of dysmenorrhea in young women and girls no difference effectiveness Which significant between providing pelvic rocking intervention and *acupressure point Li 4 (Hequ)* in the sense that both have the same effectiveness in

reducing the pain of dysmenorrhoea in young women.

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