

Efektiviti

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**EFFECTIVENESS OF LIGHT SPORTS / LIGHT EXERCISE AND THE USE OF
TURMERIC ACID TO DECREASE DYSMINOREA EFFECT / PAIN
OF FIKES UMSIDA STUDENTS**

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ABSTRACT

Dysminorea defined as pain started right on or before the start of menstrual period such as cramps and corrugated pain in the lower abdomen, spread on rear downwaist and you feel tingling sensation in the pelvic area and surrounding areas. Women who are experience pain during menstruation require non-pharmacological therapies such as herbs asam kunyit and also exercise such as light sport / light exercise

Analyze the effectiveness light sport / light exercise and the use of kunyit asam to decrease dysminoreapain in Fakultas Universitas Muhammadiyah students

This study was an experimental study using a qualitative approach with pre and post test methods. With the number of respondents 60 respondents. Collecting data using questionnaires, the data were tested using t-test

The results of the study most respondents experienced a decrease in pain after day 2 and 3 after using kunyit asam with $P = 0.000$ and a day 1 did not decrease pain with $P = 0.014$. The results of the study do light exercise is more effective from the first day up to day 3 with a P value = 0.000

By doing light exercise rather than the use of kunyit asam is more effective to decrease dysmenorrhea pain

Increasing the awareness of young women about the importance doing light sport / light exercise to reduce pain dysminorea

Key Ward : Dysminorea, Light Exercise, Turmeric Acid

INTRODUCTION

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Menstruation is the starting time of the release of the uterine lining (endometrium) accompanied by bleeding and can occur repeatedly every month except during pregnancy. Menstruation can occur because there is a fusion between genitalia tool and complex hormonal stimulation derived from the chain of hypothalamic, pituitary and ovaries. Therefore some menstrual disorders and menstrual cycle disorders can occur (Pudiasuti, 2012).

There are signs of symptoms before and during menstruation, according Sukarni (2013) including stomach mules, nausea and fever, cramps in the lower abdomen and vagina, anemia (anemia), flatulence and others. There are several menstrual disorders include premenstrual tension, mastodinia, Mittelschmerz and disiminorea. Disiminorea defined as pain that starts right at before or after the start of menstrual such as cramping and bumpy pain in the areas under this part of the abdomen, radiating to the lower back waist and legs, and felt a tingling sensation in the pelvic area and the surrounding (Jarvis, 2011).

Disiminorea occur evenly 40-80% of women and about 5-10% of women experience heavy and unbearable disiminorea (Morgan, 2009). While in Indonesia disiminorea incidence rate is estimated at 64.25% of women with primary disiminorea and 9.36% had secondary disiminorea (Proverawati, 2009). In general, women who experience menstrual pain requiring medication analgesics to reduce pain during menstruation such as paracetamol and mefenamic acid, some of the treatment of non farmokologi can reduce pain disiminorea such methods hemeopati, acupuncture, biofeedback, relaxation techniques, messase, moderate exercise / light sport, aromatherapy and herbal use (Varney, 2007). One of the herbal products are widely used as a disiminoreapain reliever is turmeric acid (Kunyit Asam). Turmeric acid (Kunyit Asam) are beneficial for the body of which has antioxidants and phytonutrients in turmeric may help strengthen the immune system. Curcumin in turmeric (kunyit) may also be used as anti-microbial, anti-inflammatory and also can be trusted as a deduction or even inhibit uterine contractions (Hariana, 2015).

Non-pharmacological therapy more on light sports, warm compresses as well as relaxation. Mild exercise / light sports can increase endoprin which is a pain natural body inhibitor, and increase levels of serotonin (Proverawati, 2009). Sports believed can minimize disiminorea complaints such as to pressing the prostaglandin production and provide adaptation response against the hormone regulation and make body produces endofrin (Winarko, 2010). Doing regular exercise during menstruation for 10-20 minutes can lowered sense of pain due dysmenorrhea when menstruation, blood flow on muscles around the uterus become smooth.

If the dysmenorrhea effect can not be resolved will disturb daily activity, menstrual which moving backwards would result in infertility and sterility, perforation of the uterus (Yates, 2009). Besides the emotional conflict, stress and anxiety experienced can cause uncomfortable feeling for people with dysmenorrhea. The discomfort can develop into a problem with the accompanying error, so that anxiety, feelings of joy or distress as it is not unusual. Therefore dysmenorrhea must be prevent in order to avoid the impact of the above mentioned (Knight, 2000)

MATERIALS AND METHODS

Research design is an eksperimental research with qualitative approach using pre and post. Population and research subjects population is the whole subjects of research or studied in this study which made the subject of research is students who experienced disiminorrhea and willing to be a respondent in the Faculty of Health Sciences Muhammadiyah Sidoarjo estimated 60 female students, all made for research subjects. Independent variabel dysiminorea dang dependent variabel light sport and turmeric acid. After collected data is done by using statistical T- test

RESEARCH RESULT

1. Lightweight Sports Effectiveness Against Dysminorehea Pain Reduction

a. Table 2.1 Regularity of Light

| Excercise Regulation | Frecuency | Percentage (%) |
|----------------------|-----------|----------------|
| Regular | 12 | 40 |
| Irregular | 18 | 60 |
| Total | 30 | 100 |

From the above table it can be concluded that irregular respondents turmeric acid 3 day during menstruastion at most that is 60% than regular only 40%

b. Table 2.2 Intensity of Dysminorous Pain Before Using Turmeric Acid

| Scale Pain | Frecuency | Percentage (%) |
|--------------|-----------|----------------|
| Pain mild | 5 | 16,7 |
| Pain moderat | 21 | 70,0 |
| Severe pain | 4 | 13,3 |
| Total | 30 | 100 |

From the above data it can be concluded that the most dominant respindent feel moderate pain by 70%, it feel pain disminorhea like cramps in the stomach, feels painful and depressed. While the rest feel a mild pain of 16,7% and severe pain at least by 13,3% it feel pain that interfere with the activity but still can did

c. Table 2.3 Intensity Dysminorea Pain After Day 1 Using Turmeric Acid

| Scale Pain | Frecuency | Percentage (%) |
|--------------|-----------|----------------|
| Pain mild | 9 | 30 |
| Pain moderat | 18 | 60 |
| Severe pain | 3 | 10 |
| Total | 30 | 100 |

$P = 0,014$

From the above data it can be concluded that the use of turmeric acid on H +1 most respondents feel moderate pain of 60%, while mild pain as much as 30% and who feel the pain of 10% weight pain can distrub the daily activity day. From the test T- test performed on the first day of use there is no effect ($p > 0,005$)

d. Table 2.4 Intensity Dysminorea After The Second day Using Turmeric Acid Pain

| Scale Pain | Frecuency | Percentage (%) |
|--------------|-----------|----------------|
| Pain mild | 21 | 70 |
| Pain moderat | 9 | 30 |
| Total | 30 | 100 |

$P = 0,000$

From the table above the use of sour days turmeric acid 2 respondents mostly said that felt light dysminorehea mild pain that is equal to 70%, while the feel that pain is 30% of the T – test in the decrease of pain scale which is proven from the analysis of $P = 0,000$ ($P < 0,005$)

e. *Table 2.5 Intensity of Dysminorous Pain After Day III Using Sour Acids*

| <i>Scale of Pain</i> | <i>Frequency</i> | <i>Percentage (%)</i> |
|----------------------|------------------|-----------------------|
| <i>Pain Mild</i> | 28 | 93,3 |
| <i>Moderate Pain</i> | 2 | 6,7 |
| <i>Total</i> | 30 | 100 |

P = 0,000

From the above table it can be concluded that most respondents on day 3 using turmeric acid there is a decrease in pain, that is 93,3% of respondents said mild pain, whereas of respondents who felt moderate pain of 6,7%. Proven by using turmeric acid there is a decrease of pain scale this is proven from result of analysis $P=0,000$ ($P < 0,005$)

2. *The Effectiveness of Mild Exercise to Decrease Dysminorea*

a. *Table 2.6 Regular Exercise*

| <i>Regular Mild Exercise</i> | <i>Frequency</i> | <i>Percentage (%)</i> |
|------------------------------|------------------|-----------------------|
| <i>Regular</i> | 12 | 40 |
| <i>Irregular</i> | 18 | 60 |
| <i>Total</i> | 30 | 100 |

From the above table it can be concluded that irregular respondents carrying out mild exercise 3 day during menstruation at most, that is 60%, rather than 40% regimens only

b. *Table 2.7 Intensity of Dysminorhea Pain Before Light Exercise*

| <i>Pain scale</i> | <i>Frequency</i> | <i>Percentage (%)</i> |
|----------------------|------------------|-----------------------|
| <i>Mild pain</i> | 9 | 30 |
| <i>Moderate pain</i> | 18 | 60 |
| <i>Severe pain</i> | 3 | 10 |
| <i>Total</i> | 30 | 100 |

From the above table it can be concluded that the most dominant respondents feel moderate pain of 60%, that is feeling pain dysminorhea such as cramps in the stomach, feels painful and depressed. While the rest feel a mild pain of 30% and severe pain at last by 10% feel pain that interfere with activity but still tolerable

c. *Table 2.8 Intensity of pain Dysminorhea After Day I Moderate Exercise*

| <i>Scale pain</i> | <i>Frequency</i> | <i>Percentage (%)</i> |
|----------------------|------------------|-----------------------|
| <i>Mild pain</i> | 9 | 30 |
| <i>Moderate pain</i> | 18 | 60 |
| <i>Severe pain</i> | 3 | 10 |
| <i>Total</i> | 30 | 100 |

P = 0,004

From the above data it can be concluded that the use of moderate exercise on H+1 most of respondent feel moderate pain 60%, while light pain 30%, and who feel pain 10% weight, that is pain can disrupt the daily activity. From the T-test performed on the first day of moderate exercise there is an effect to reduce the pain of dysminorhea where $P=0,004$ ($P < 0,005$)

d. *Table 4.9 Intensity of Dysminorrhea Pain After Day 2 of moderate exercise*

| Pain scale | Frequency | Percentage (%) |
|---------------|-----------|----------------|
| Mild pain | 21 | 70 |
| Moderate pain | 9 | 30 |
| Total | 30 | 100 |

$P = 0,000$

From the data above can be concluded that the use of moderate exercise on the second day most of the respondents feel light pain by 70%, while moderate pain of 30% from the T-test conducted on the second day to do moderate exercise there the effect is to reduce the pain of dysminorrhea where $P=0,000$ ($P<0,005$)

e. *Table 4.10 Intensity of Dysminorrhea Pain After Third Day of Moderate Exercise*

| Pain scale | Frequency | Percentage (%) |
|---------------|-----------|----------------|
| Mild pain | 28 | 93,3 |
| Moderate pain | 2 | 6,7 |
| Total | 30 | 100 |

$P = 0,000$

From the above data it can be concluded that the use of moderate exercise on day 3 most of the respondents feel mild pain 93,3%, while moderate pain as much as 6,7%. From the test T-test conducted on the second day of moderate exercise there is an effect that is generated to reduce the pain of dysminorrhea where $P=0,000$ ($P<0,005$)

DISCUSSION

1. Effectiveness of The Use of Turmeric Acid

Besade on the results of the analysis statistic (T-test) conducted before treatment for 3 days can be concluded the decrease if intensity of dysminorrhea pain where H+1 with value $P=0,014$, H+2 value $P=0,000$ and H+3 value $0,000$ turmeric acid to handling of menstrual pain at students of class XI SMA N 1 Sugihwaras, got the result of students who consumed turmeric acid tend to experience menstrual degrees of light scale (score 0-3), because turmeric acid useful as analgesic that can reduce menstrual pain. Dysminorrhea in this study was primary dysminorrhea occurring not due to gynecological problems and the onset time when the respondent entered menstrual period, the pain did not arrive at menstrual cycle ovulasi (william, 2011). Based on the research of Novia (2008) showed that the degree of dysminorrhea pain also varied from mild to severe levels, the possibility of primary dysminorrhea more than 50 and 15% experienced severe pain. The emergence of symptoms of primary dysminorrhea that some respondents appear 12 hours since menstruation and the time implatation of fertilization becomes whole. All glands kill decreased nutrition and vascular yasospasm in the endometrium (Guyton, 2007). The natural ingredients fo sour turmeric drink can resduce the complaints of primary dysminorrhea

2. Mild Exercise Effectiveness

Many factors that affect the onset of complaints or pain during menstruation include; psychological factors, constitution, blockage of the cervical canal, allergies, endocrine and organic abnormalities including uterine retroflexia, uterine hypoplasia, cervical canal obstruction, stemmed submucosum myoma and endometrial polyps (Prawirohardjo, 2006). In this

study H+I intervention of mild exercise 15 minutes aday was very effective to decrease the intensity of menstrual pain, as the test result showed a T-test value of 0,004 ($P < 0,005$) according to Husin (2014) excercise can cause changes in the hormonal system, a woman exercising in her hormonal balance. Hormones that play a role in menstrualpain are prostaglandins. According clitheroe and picklesan endometrium in secretion phase produce prostaglandin F2 thus causing contraction of smooth muscle. If excessive levels of prostaglandins enter the bloodstream, other than dysminorhea can also be found other effects such as; nausea, vomiting, diarea, flushing, it is clear that increased levels of prostaglandins play an important role in the emergence of dysmenorhea

CONCLUSIONS AND SUGGESTION

1. CONCLUSIONS

- a. Light excercise is more effective than using saffron acidic
- b. Increased pain levels decreased in respondents who did moderate excercise that the use of sour turmeric

2. SUGGESTION

It is expected that other researchers continue this study with larger samples, other researchers are expected to examine with the same variable but performed before menstruation

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