

ABSTRAK

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The Influence of warm compress to decrease of dysmenorrhoea pain on college students in Faculty of Health Science University of Katolik Musi Charitas of Palembang

SKRIPSI

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Key words : Warm compress, Dysmenorrhoea pain
(57 pages + 6 tables + 3 pictures + 9 appendixes)

Background : Dysmenorrhoea is caused by endometrium containing prostaglandin in high amount because prostaglandin stimulating the muscles uterus that affect blood vessels. The cause of the pain dysmenorrhoea pain of waist, pain of thighs, headache, diarrhea, and queasy. To diminish the pain of dysmenorrhoea could do warm compress which could relaxation muscle tension.

Purpose : The purpose of this research to know, the influence of warm compress to decrease of dysmenorrhoea pain before and after treatment warm compress.

Method of research : This type of this research is quantitative research by using Pre-experimental method with One Group Pretest-Posttest design. The sample that is used as many as 68 students by using Accidental Sampling. Data analysis that is used Wilcoxon test with significance level $<0,05$.

Result : The result of this research before the warm compress is given respondents suffered moderate pain as many as 66.2%, heavy pain as many as 29.4%, and light pain as many as 4.4%. After the warm compress is given most of respondents decreased with light pain scale as many as 52.9%, moderate pain as many as 29.4%, no pain as many as 14.7% and severe pain as many as 2.9%. Analysis result by using wilcoxon $p 0.000 (p<0.05)$ which means H_0 is rejected and H_a is accepted.

Conclusion : The result of this research showed there is an influence of giving warm compress to decrease dysmenorrhoea pain on college student in Faculty of Health Science University of Katolik Musi Charitas of Palembang

Bibliography 2009-2016