

**EFFECT OF “CUTANEOUS STIMULATION” ON DYSMENORRHEA  
REDUCTION IN HIGH SCHOOL STUDENTS,  
JEPARA, CENTRAL JAVA**

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**ABSTRACT**

**Background:** The incidence of dysmenorrhea is quite high. In the worldwide, more than 50% women get dysmenorrhea in each country. In United State, about 45 to 90% women get dysmenorrhea, consisting of 12% had severe pain, 37% had moderate pain, and 49% had mild pain. Those pain make them faced difficulty on school attend. In Indonesia, 55% reproductive age women get dysmenorrhea in each menstrual cycle. This study aimed to determine the effect of “cutaneous stimulation” on dysmenorrhea reduction in high school students, Jepara, Central Java.

**Subjects and Method:** This study was a quasi-experiment pre-test and post-test with control group design conducted at Mayong Muhammadiyah High School, Jepara, Central Java. A total of 28 female students was selected for this study. The independent variable was cutaneous stimulation (slow-stroke back massage). The dependent variable was dysmenorrhea. The data were collected by questionnaire and analyzed by Wilcoxon test.

**Results:** As many as 8 (57.1%) female students had moderate dysmenorrhea, and 6 (42.9%) had mild dysmenorrhea. After the treatment of cutaneous stimulation, 7 (50.0%) students had mild dysmenorrhea and 7 (50.0%) had moderate dysmenorrhea. The reduction in dysmenorrhea after treatment was statistically significant.

**Conclusion:** Cutaneous stimulation is effective to reduce dysmenorrhea among female students.

**Keywords:** cutaneous stimulation, slow stroke back massage, dysmenorrhea

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