

THE IMPACT OF WARM AND COLD COMPRESS BELTS ON DYSMENORRHEA IN FEMALE ADOLESCENTS IN SOUTH LAMPUNG

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ABSTRACT

Background: Dysmenorrhea is a pain that happens during menstruation, generally accompanied by cramps, and is concentrated in the lower abdomen that radiates to the lower back to the thigh. This pain can disrupt daily activities and prevent women from continuing with their activities. This study aimed to determine the impact of warm and cold compress belts on dysmenorrhea among female adolescents.

Methods: Two one group before and after with no control quasi-experimental studies were conducted at Tanjung Bintang 1 Junior High School, South Lampung, Lampung from January to February 2021. A group of 18 female students received warm compress. Another group of 18 female students received cold compress. The dependent variable was dysmenorrhea. The pain scale was measured using a behavioral observation checklist twice before and after the intervention. The independent variables were warm and cold compress belts. The effects of warm and cold compress belts on dysmenorrhea were determined by comparing the dysmenorrhea before and after the intervention, using paired t-test.

Results: After intervention, menstrual pain levels in the cold compress (Mean= 1.11; SD= 0.67) was lower than before (Mean= 1.89; SD= 0.83), and it was statistically significant ($p < 0.001$). Menstrual levels after intervention warm compress (Mean= 1.39; SD= 0.69) was lower than before (Mean= 2.00; SD= 0.84), and it was statistically significant ($p < 0.001$).

Conclusion: Both warm and cold compress belts are effective for reducing menstrual pain.

Keywords: warm compress belt, cold compress belt, dysmenorrhea, female students.

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