

The Effect of Health Education using Leaflet Media on Adolescent Girls Knowledge about the Benefits of Abdominal Stretching Exercises during Menstruation at MTS Hasyim Asy'ari Kembangbahu Districts, Lamongan

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ABSTRACT

Abdominal stretching exercise is one of the relaxation techniques that can be used to reduce pain. The purpose of this study was to determine the effect of health education through leaflet media on the knowledge of Young Women about the benefits of Abdominal Stretching Exercises During Menstruation at Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan. This study uses a quasi-experimental method with a one group pretest-post test design, the population is all young women in Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan. And the number of samples is 31 people. In this study, researchers used a questionnaire sheet. Data analysis technique with Wilcoxon test. Based on the results of statistical tests obtained positive rank with Asymp Sign 2 tailed of 0.000. So it can be concluded that there are differences in the knowledge of young women before and after the intervention. Health education activities regarding the benefits of Abdominal Stretching Exercises During Menstruation using leaflet media is able to increase the knowledge of young women even better, where before being given treatment the level of knowledge is in the sufficient category, while after being given treatment it is in the good category.

Keywords: abdominal stretching, health education, knowledge, leaflet, young women

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BACKGROUND

Abdominal stretching exercise is an exercise to stretch the abdominal muscles. Abdominal stretching exercise is one of the relaxation techniques that can be used to reduce pain. This is due to increased levels of endorphins produced by the brain due to exercise. So this physical exercise acts as a specific analgesic for short-term pain relief. Physiotherapy, which is one of the medical personnel, with exercise therapy modalities is expected to be able to provide exercise that can reduce pain in students who experience primary dysmenorrhea. Exercise is a safer non-pharmacological management because it uses physiological processes (Woo and Mc Eneany, 2010).

Abdominal stretching exercise is one of the most efficient ways to reduce primary dysmenorrhea pain. Do it every morning or evening. Good to do 3 times a week for 15 - 30 minutes. For adolescents who have a normal menstrual cycle (28-30 days) can do abdominal stretching exercise 3 days before menstruation and for adolescents who have an abnormal menstrual cycle, it can be done in the 3rd week after the previous menstruation for 4-5 times a week. Primary dysmenorrhea is a cramp-like pain sensation in the lower abdomen often accompanied by other symptoms (Thermacare, 2010).

Abdominal stretching exercise can reduce pain because abdominal stretching exercise is a relaxation technique. By doing abdominal stretching exercise will produce endorphins hormones (Thermacare, 2010).

The purpose of this study was to determine the effect of health education through leaflet media on the knowledge of Young Women about the benefits of Abdominal Stretching Exercises During Menstruation at Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan.

The results of the study by Mey Fidiarti, et al said that the Intervention Group and Control Group Young Women After Abdominal Stretching Exercises were given showed that there was a significant difference between the intensity of menstrual pain in the intervention group and the control group after the intervention group was given abdominal stretching exercises.

Health education is basically a process of educating individuals/communities by spreading messages, instilling confidence so that people are not only aware, know and understand, but are also willing and able to make recommendations related to health (Fitriani, 2011). Efforts to make people behave or adopt health behaviors by providing information through activities called health education and counseling, the impact will be long but if the behavior is successfully adopted by the community it will last for a lifetime (Notoatmodjo, 2012).

Based on the explanation above, the researcher chose this method because it was easier and possible to be carried out by young women at Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan.

METHODS

This study used a quasi-experimental method with a one group pretest-post test design to determine the effect of health education with leaflet media on the knowledge of young women about the benefits of abdominal stretching exercises during menstruation. Where in this design there is no comparison group (control) but the first observation (pre-test) is carried out which allows researchers to examine changes that occur after the treatment. The population in this study were all young women in Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan. In selecting a sample of young women at Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan, as many as 31 people. In this study, researchers used a questionnaire sheet. Data analysis techniques include univariate and bivariate analysis. Univariate analysis is an analysis that is used to describe descriptively to see the distribution of the variables studied, both independent and dependent variables, by making a frequency distribution table. Bivariate

analysis was used to compare health education using leaflet media to the knowledge of young women about the benefits of abdominal stretching exercises during menstruation. The Wilcoxon test was used to test how far the effect of health education using individual leaflet media on the knowledge of young women about the benefits of abdominal stretching exercises during menstruation.

RESULTS

Characteristics of respondents based on the age of young women at Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan

No	Age	frek	%
1	12 - 13	15	48
2	13 - 14	13	42
3	14 - 15	3	10
Total		31	100

Based on the table above, most of the respondents were aged between 12-13 years, namely 48 respondent (48%).

Research on the effect of health education through leaflet media on Young Women's knowledge about the benefits of Abdominal Stretching Exercise during Menstruation in 2022 has been carried out on 31 young women. The research results will be described below:

Table 1. Frequency distribution of knowledge of Young Women before and after health education through leaflet media at Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan

Category	Before knowledge		After knowledge	
	F	%	F	%
Good	8	26	29	94
Enough	12	39	2	6
Not enough	11	35	0	0
Total	31	100	31	100

Table 1 showed that before the intervention, most of the young women had sufficient knowledge, namely 39%, while after the intervention, most of the young women had good knowledge, namely 94%.

Based on the results of the analysis, it was found that the difference in knowledge of Young Women about the benefits of Abdominal Stretching Exercises during Menstruation before and after health education through leaflet media using Wilcoxon can be seen in table 2

Table 2. Differences in knowledge of adolescent girls before and after health education through leaflet media in Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan

Uraian	N	Mean Rank	Z	ρ value
Negative Ranks	0	.00		
Positive Ranks	31	21.00	7,017	.000
Ties	0			

Table 2 shows that the Wilcoxon test results obtained the value of value, which is < 0.000. So it can be concluded that there are differences in the knowledge of young women before and after the intervention.

DISCUSSION

The results of the research that have been carried out are obtained that the knowledge of young women after health education about the benefits of Abdominal Stretching Exercises During Menstruation through leaflet media at Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan, that is, most of them have good knowledge, namely 94%. Based on the results of

statistical tests using Wilcoxon, a positive rank with an Asymp Sign 2 tailed was obtained of 0.000. So it can be concluded that there are differences in the knowledge of young women before and after the intervention. Overall, there is a difference between knowledge before and after being given treatment, according to Figure 4.1, it is known that a good level of knowledge of respondents is 26% before being given treatment (pre-test) and after being given treatment (post-test) the level of knowledge of respondents is good 94% or increased to 68%. The media used by researchers is the leaflet media. Leaflets are used to facilitate researchers in conveying information to respondents. Leaflets are made by researchers based on references.

The leaflet contains the understanding, benefits and how to do Abdominal Stretching Exercises During Menstruation. The provision of health education with the media based on research by Arif in 2013 stated that there was a change in respondents' knowledge by using leaflet media. Submission with this media makes it easier for researchers to convey information and there is an increase in knowledge of respondents about Abdominal Stretching Exercises.

As it is known that knowledge according to Mubarak (2012) comes from the word "know" which is defined as a person's understanding of something that has better value and is beneficial for him. Understanding of knowledge can be interpreted as the ability to identify each different variety of stimuli, understand various concepts, thoughts and even ways of solving certain problems, so that the notion of knowing is not just stating/saying what is known, but on the contrary can use knowledge in practice and action. A person's knowledge can be obtained after sensing through his five senses. Therefore, actions taken based on knowledge will immediately feel the benefits compared to actions without knowledge.

This study obtained the results that there is an effect of education using leaflet media on the knowledge of young women about the benefits of Abdominal Stretching Exercises During Menstruation. Therefore leaflet media can be used as a means of health promotion that aims to improve the knowledge and attitudes of young women to be even better, in the process of making it required the involvement of competent people so that the resulting leaflet is really interesting, effective and efficient in its use. as an alternative in increasing the knowledge of Young Women about the benefits of Abdominal Stretching Exercises During Menstruation shown to groups or individuals, it does not take much time (Arsyad, 2011).

The physical exercises are beneficial to improve and maintain the health and endurance of the heart, lungs, circulatory, muscles, and joints. Physical exercise has 4 basic components of muscle strength, the flexibility of muscular endurance and cardiorespiratory endurance. The effect of physical exercise will provide a physiological change that almost occurs in every system of the body. Physical exercise will have a good influence on the various systems that work in the body. One of which is a cardiovascular system, with proper and regular physical exercise will occur the efficiency of cardiac work. The efficiency of heart work or heart ability will increase according to the changes that occur. By doing physical exercise the veins are experiencing widening and relaxation. One of the factors of dysmenorrhea. is the contraction of the uterine wall. The contraction suppresses the blood vessels surrounding the uterus, thereby deciding the blood and oxygen supply to the uterus. So it can be concluded that the physical exercise in the form of abdominal exercises stretching can decrease dysmenorrhea because it can relax the blood vessels (Syatria, 2006 in Nurjanah, 2014).

CONCLUSION

1. There is an effect of intervention providing health education about the benefits of Abdominal Stretching Exercises During Menstruation on adolescent knowledge about the benefits of Abdominal Stretching Exercises During Menstruation at Mts Hasyim Asy'ari Kec. Kembangbahu, Kab. Lamongan which can be seen from (p value = 0.0000).
2. Abdominal stretching exercises are recommended as an influential intervention in the nursing care of dysmenorrhea, especially for adolescent girls. This exercises can be a

new routine activity for adolescent girls since it is very beneficial for them. Furthermore, it can be easier and can be conducted independently.

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