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HUBUNGAN PIJAT ENDORPHIN DENGAN INTENSITAS NYERI HAID (DISMINOREA) PADA REMAJA

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ABSTRAK

Pendahuluan: masa remaja merupakan masa perkembangan orang-orang fisik, yaitu masa alat-alat kelamin manusia mencapai kematangan secara sempurna, ada beberapa masalah yang di alami pada masa remaja salah satunya nyeri haid (*dismenoree*) saat menstruasi yang dapat mengganggu kegiatan dan aktivitas sehari-hari. Tujuan : untuk mengetahui dan menganalisis Hubungan Pijat Endorfin dengan Intensitas Nyeri Haid (*Dismenoree*) pada remaja. Desain :Literature review. Sumber data : pencarian berbasis elektronik komprehensif dilakukan di ScienceDirect (2015-2020), dan Google Scholar (2015-2020), artikel yang relevan diambil dalam bahasa Inggris dan bahasa Indonesia pada tahun diatas (2015-2020).Metode penelitian : Menggunakan kata kunci pijat endorfin dan dismenoree. Abstrak atau teks lengkap makalah penelitian ditinjau sebelum dimasukkan dalam ulasan sesuai dengan kriteria inklusi dan penilaian kualitas menggunakan pedoman Strobe.**Hasil :** Sebanyak 10 artikel yang dimasukkan dalam ulasan ini. Btwah hubungan pijat endorfin dengan intensitas nyeri haid pada remaja, menunjukkan ada hubungan antara pijat endorfin dengan intensitas nyeri haid pada remaja.**Kesimpulan :** Pijat Endorphine ini merangsang tubuh untuk melepaskan senyawa endorphine yang dikenal sebagai pereda rasa sakit sehingga menciptakan perasaan nyaman pada wanita.**Saran :**Diharapkan bagi tenaga kesehatan hendaknya mulai menerapkan terapi pijat endorphine saat dismenoree daripada menggunakan obat-obatan penurun rasa nyeri.

Kata Kunci: pijat endorfin, nyeri haid (dismenoree)

ENDORPHIN MESSAGE RELATIONSHIP WITH INTENSITY MENSTRUAL PAIN (DISMINOREA) IN ADOLESCENTS

ABSTRACT

Introduction: adolescence is a period of development of physical organs, namely when the human genitals reach full maturity, there are several problems experienced during adolescence, one of which is menstrual pain (dysmenorrhea) during menstruation which can interfere with daily activities and activities. **day-Purpose:** to determine and analyze the relationship between endorphin massage and menstrual pain intensity (dysmenorrhea) in adolescents.Design: Literature review. Data sources: comprehensive electronic-based searches were conducted on ScienceDirect (2015-2020), and Google Scholar (2015-2020), relevant articles were taken in English and Indonesian in the year above (2015-2020).**Research methods:** Using keywords endorphin massage and dysmenorrhea. Abstracts or full text of research papers were reviewed prior to inclusion in the review according to the inclusion criteria and quality assessment using Strobe guidelines.**Results:** A total of 10 articles were included in this review. That the relationship between endorphin massage and the intensity of menstrual pain in adolescents shows that there is a relationship between endorphin massage and the intensity of menstrual pain in adolescents.**Conclusion :** This Endorphine Massage stimulates the body to release endorphine compounds known as pain relievers thereby creating a feeling of comfort in women. **Suggestion :** It is hoped that health