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## Influence Akupresur At The Li 4 And Sp 6 To A Decrease In Pain Dysminorrhea

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### ABSTRACT

Dysminorrhea causes physical symptoms and psychological symptoms. Each individual can experience physical symptoms and psychological symptoms at the same time, but can also experience only one of the symptoms, both physical and psychological. Signs of symptoms that can appear such as discomfort in the body, fatigue, nausea and vomiting, diarrhea, low back pain, headaches, sometimes accompanied by vertigo, feelings of anxiety, anxiety, to lose balance and lose patience to not be able to do activities it is done every day. Complementary acupressure therapy at points Li4 and Sp6 has the effect of reducing dysmenorrhea pain by pressing at certain points on the body (meridians) so as to get a stimulating effect on vital energy. The design used in this study is a quasi experimental research design with one-group pre-post test design. Subjects were observed for pain levels before and after the intervention using numerical rating scales. The population in this study were female students of Nursing Academy Krida Husada in the first and third semester, totaling 137 people. Samples taken in this study were 15 students who experienced dysmenorrhea on the first or second day during menstruation. The results of this study stated that the average pain scale before acupressure therapy in the experimental group was 5.4, and the average pain scale after acupressure therapy in the experimental group was 3.13. Wilcoxon test showed that there was a significant difference between pain scale before and after acupressure therapy in the experimental group with a p value of 0.001 ( $p < 0.05$ ).

**Keywords:** acupressure; dysmenorrhea; pain

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## INTRODUCTION

Dysmenorrhea is pain arising during as she undergo menstruation caused muscular contraction excessive the myometrium, to force a playoff then lack of oxygen in their cells, the myometrium cells that give rise to the occurrence of menstrual pain at the time, this will cause the stomach pain felt heartburn and going into all woman who undergo menstruation.<sup>1</sup> There are two, dysmenorrhea the primary and secondary, dysmenorrhea dysmenorrhea primer is menstrual pain due to hormonal influence that controls the uterus and happen without some anatomy, the reproductive system abnormalities while secondary dysmenorrhea is menstrual pain associated anomalous anatomy, the reproductive system there may be endometriosis, stenosis of the cervical uteri, retrofleksi uteri, a polyp the endometrium, a polyp miomatium, discharging IUD.<sup>2</sup>

Incidence dysmenorrhea in the world very large, in the United States it is estimated that almost 90 % women had dysmenorrhea, and 10-15 % were heavy, had dysmenorrhea able to do that causes a day to day activities, and in Indonesia incidence dysmenorrhea consisting of 54,89 % are dysmenorrhea primary, and the rest is dysmenorrhea secondary.<sup>3</sup>

Pain can be overcome the dysmenorrhea pharmacological and nonfarmacologis. In farmalogis pain can be in an analgesic handle with therapy is most commonly used on method to deprive pain. analgesic remove pain effectively, but analgesic affecting hooked and bestows a dangerous side effects for patients.<sup>4</sup> On pharmacological therapy to overcome dismenore among others compress, warm education and advice, herbal medicine, techniques of relaxation complementary therapy.<sup>5</sup> One of complementary therapy is accupresure that is beneficial for health care.<sup>6</sup>

Accupresure one of the system of the treatment of china by means of a press at specific points on the body (the meridian) excitative effect which resulted in vital energy (qi), so that they will get healing of an illness or could be used to improve the quality of human health.<sup>7</sup> Point accupresure to reduce pain dysmenorrhea any two points can be done by emphasis, first done with emphasis in locations of the eyes is 4 feet toes on part within called point Sp 6, second highest when the back of the hand to a protuberance thumb and forefinger bend called in this point Li 4.<sup>6</sup>

Some research shows that acupresure on a point Li 4 Sp 6 influential reduce pain and dysmenorrhea, such as research Fenia Chaya Astuti, 2018 produce that there is the impact of pain before and after done acupresure on a point hegu on a student at a madrassa aliyah Al-wathoniyyah.<sup>8</sup> C.L. Wong, K.Y. Lai, H.M. Tse Research in 2009 who did research on akupresur at the point of Sp 6 to lower pain dysmenorrhea concluded that accupresure at the point of Sp6 can be lowered pain in dysmenorrhea primary.<sup>9</sup>

## METHOD

This is research quantitative, a design used in this research was design research quasi his experiments with design one group pre post test design, namely express influence and effect in a manner involving a group subject.<sup>10</sup> Group subject in observation level pain before and after the intervention use

numerical rating scales. Population in research this is a student daughter academy nursing Krida Husada first semester and three which consisted of 137 people. Sugiono give reference common to determine size sample, for research experimental simple with control experiments strict , research success is use size sample small between 10 and with 20.<sup>10</sup> Samples to be taken in this research was 15 students that experienced dysmenorrhea on the first day and or both at the time menstrual October until November 2019 . In the test statistics to knows the difference pre and posttest influence accupresure at the point of li 4 and sp6 to a decrease in pain dysmenorrhea do significant or not with significance in or truth 0.05 by using test t- paired and SPSS through the computer, where if value  $p < 0.05$  then there is the influence of accupresure at the point of Li 4 and Sp 6 to a decrease in pain dysmenorrhea , while  $p < 0.05$  there is no influence accupresure at the point of Li 4 and Sp 6 to a decrease in pain dysmenorrhea, but formerly data tested first by test normality shapiro-wilk because using analysis parametrik and respondents less than 50 people.<sup>11</sup>

### RESULT

Table 1. The average pain scale before acupresure in the the experiment group

Group	Variable	n	Mean	Std. Deviasi	Min-Max
Experiment	pain scale	15	5.47	0,64	4-6

From the table 1. It was discovered that the pain is not a scale dysmenorrhea acupresure at the point of Li 4, Sp 6 experiment and in the prices of, the average pain scale of 5.47. The results of a scale pain before in doing acupresure intervention in the prices of experiment or the lowest value is 4 while highest pain scale was 6.

Table 2. The average pain scale after acupresure in the the experiment group

Group	Variable	n	Mean	Std. Deviasi	Min-Max
Experiment	Pain Scale	15	3.13	0,63	3-4

From the table 2. Suggests that the pain dismenore prior LI4 and SP6 acupresure at a point in the experiment, the average pain scale of 3,13. The pain scale intervention through in the experiment got the lowest value is 3 and 4 are highest pain scale.

Table 3. The pain scale before and after the experiments done acupresure therapy

Experiment group	Variable	P value
	Pain Scale	0,001

Table the results of the analysis based on statistical tests wilcoxon scales pain before and after the acupressure in therapy *p value* 0,001 ( $p < 0,05$ ), can be expressed is so significant differences between scales pain before and after accupresure therapy in the experiment.

## DISCUSSION

Research on October until November 2019 daughter first semester in students and three in dysmenorrhea on the first day and second when menstrual. Dysmenorrhea a symptom of most frequently women reproduction local age. Pain or pain cyclic together with menstrual is often perceived as a cramp in the stomach started in 24 hours before the bleeding is it to 24-36 hours although weighs is held for the first 24 hours the bleeding is it. Cramp can be accompanied by pain who propagates into a or into the surface of the thigh, with the nausea and vomiting, headache or diarrhea.<sup>4</sup> Pain are the condition of unpleasant feeling, it is very subjective because feeling pain as any different in terms of scale and only one but which can explain or evaluating the pain experienced, pain in menstrual pain is contractions of the uterus that can lead to the increase in activity of, sympathetic nervous system changes in blood pressure, heart rate, if not handled immediately and will increase, tense, fear and stress.<sup>12</sup> In general pain is defined as a state of being unpleasant for the physical stimuli and fibers in nerve fibers in the body to the brain and followed by, physical reaction, physiological and emotional.of the appropriate use of analgesics alone or with my name is the key to lower of pain intensity.<sup>13</sup> Unfortunately, not all pain can be intervention with analgetic systemic some research shows the stigma less than good aimed at the use of medicines have the pain.<sup>13</sup>

Acupressure is one non farmacologis technique, the most effective in the management of pain, this technique using technique emphasis, touch , and the ranking along the meridian body or a stream line.<sup>6</sup> Emphasis point acupressure can exert an influence in the body endorphin production.<sup>14</sup> The pain is the endorphin produced solely by the body.An endorphin molekul-molekul peptides or a protein that is made from a substance called beta lipotropin found in the pituitary gland .An endorphin control activity endocrine the molecules are stored, in addition an endorphin can affect areas flavorings pain in the brain in a similar way as the an opiate as morphine, the release of endorphin controlled by the nervous system, a sensitive nerve tissue to pain and stimuli outside, and if triggered by using akupresur technique, will command the endocrine system to release some endorphin as the body needs.<sup>14</sup> Supply and flow of vital energy power lines running in the body invisible, called the meridian, whether it is depends on whether the meridian, diet, lifestyle, environment, posture means, breathing, behavior, body movements sports,mental attitude, personality and attitudes, positive by region or the emphasis is called acupoint.<sup>14</sup> Acupoint, located all over the body close to the skin surface and connected with each other through a network of a complex of the meridian, Anyacupoin have special effects on, systems of the body or certain organs, a gentle massage and stimulate the point will be physiological changes the body and will affect the state of mental and emotional.<sup>14</sup>

Dysmenorrhea derived from the uterus when processing menstrual cramps, dismenore can take the reproductive organs of resulting from interruption, and psychological factors and hormonal factors could cause disruption of the daily activity, the symptoms of pain that is felt not necessarily arise due to an illness.<sup>2</sup> Primary dysmenorrhea often lead to physical symptoms and symptoms of psychological. Every individual would have one psychological as well as physical symptoms and symptoms of, but can also undergo only one of symptoms, both physically and his psychology. A sign of symptoms that can be like the taste of not feeling well in a body of, tired, nausea and vomiting, diarrhea, the lower back pain, headache, sometimes accompanied vertigo, feelings of anxiety, agitated, to lose their balance and lost his temper. A person can be known for certain that suffering from dysmenorrhea primary who say to their pain in three times the menstrual cycle row who later when there is no abnormality or the secondary dysmenorrhea.<sup>2</sup>

The technique tested in this study acupressure Li 4, Sp 6 and at the point of. An emphasis on those two dots would improve energy imbalance, expedite the flow of clotted blood across the meridian.<sup>7</sup> An emphasis on point li4 also work to intensify contraction. While the Sp 6 important to help dilatation of the during menstruation. An emphasis on the beginning to do with soft using your fingertips, turned gradually added to the emphasis on the light, but not sick. On an individual sensitive like a baby, and the old man hence pressure can made softer. This can be done 20 times emphasis. Dysmenorrea pain can be controlled by providing stimulus, this is one stimulus that stimulates the production of local endorphin, acupressure in addition to stimuli acupressure closing gate pain is considering the place massage / emphasis in controlling pain deliveries which acupressure technique is known as shiatsu massage.<sup>15</sup>

Research in the intervention obtained the difference between scales pain before and after intervention with the p value is 0,001 ( $p < 0,05$ ); so is a scales expressed significant pain before and after treatment in the intervention. This proved that acupressure therapy at the point SP6, LI4 and useful to lower scales pain in dysmenorrhea. It is by research C.L. Wong, K.Y. Lai, H.M. Tse 2010 showed acupressure complementary therapy that is effective in lowering the acute pain as dysmenorrhea primary.<sup>9</sup> Acupressure and effective in removing various symptoms which accompanies disease a by means balance the energy of body.<sup>7</sup>

### CONCLUSION AND SUGGESTION

The average pain scale before acupressure therapy in the experiment 5.4. Average scales pain after acupressure therapy in the experiment the 3,13. There are significant differences between the pain before and after acupressure therapy in the experiment with the p value 0,001 ( $p < 0,05$ ). Woman expect acupressure therapy with dysmenorrhea could use of intervention nurse, remember the research results show fell scales pain in women dysmenorrhea

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