**ABSTRAK**

Pengaruh Termoterapi *Hot-Pack* Terhadap Tingkat Kenyamanan (Nyeri) Remaja Putri pada saat Mengalami *Dysmenorrhea* di SMK Plus Al-Maarif Singosari. Dina Aulia (2019) Skripsi, Program Studi Sarjana Terapan Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Malang. Pembimbing (Utama) Dr. Susi Milwati, S.Kp., M.Pd., Pembimbing (Pendamping) Fitriana Kurniasari S, S.Kp., Ns., M.Kep.

**Kata Kunci :** Dismenore, Kenyamanan, Termoterapi, *Hot-pack.*

Selama 50 tahun terakhir tercatat 75% wanita mengalami dismenorea. Dalam beberapa masa sebanyak 20-40% para wanita mengatasinya dengan bantuan medis atau farmakologi dan selebihnya dengan cara nonfarmakologi. Belum ada yang melakukan penanganan pada dismenore dengan sabuk *hot-pack*. Kenyamanan adalah pengalaman yang diterima oleh seseorang dari suatu intervensi bersifat holistic. Penanganan kenyamanan (nyeri) dapat dilakukan dengan menggunakan termoterapi dengan *hot-pack*. Tujuan dari penelitian ini adalah untuk menganalisis pengaruh termoterapi *hot-pack* terhadap tingkat kenyamanan (nyeri) remaja putri pada saat mengalami dysmenorrhea di SMKS Plus Al-Maarif Singosari. Desain Penelitian ini menggunakan *quasy experiment* dengan populasi 35 siswi yang mengalami dismenore, dengan teknik *consecutive* *sampling* didapatkan 32 siswi sebagai sampel. Pengambilan data dilakukan dengan cara wawancara, pengukuran skor tingkat kenyamanan (nyeri) dengan *Shortened General Comfort Quessioner Kolcaba*. Analisis data dilakukan dengan menggunakan uji paired t – test (α=0,05). Dari hasil penelitian dari 32 responden 24 siswi (63%) sebelum diberikan termoterapi hot-pack berada pada tingkat tidak nyaman. Setelah dilakukan pemberian termoterapi *hot-pack* tingkat nyaman (nyeri) berubah menjadi nyaman sebanyak 21 siswi (66%). Data tersebut diolah menggunakan uji paried t-tes nilai P value sebesar 0.000 < α (0.05), yang artinya hioptesis diterima. Terdapat pengaruh termoterapi *hot-pack* terhadap tingkat kenyamanan (nyeri) remaja putri pada saat mengalami dysmenorhhea di SMKS Plus Al-Maarif Singosari. Termoterapi *hot-pack* dapat digunakan untuk meningkatkan kenyamanan saat terjadi dismenore.

ABSTRACT

Effect of Hot-Pack Thermotherapy on Comfort Level (Pain) in Teenage Giel when Experiencing Dysmenorrhea in SMKS Plus Singosaril. Dina Aulia (2019) Thesis, Applied Bachelor Degree Program in Malang Nursing, Nursing Department, Malang Health Polytechnic. Advisor (Main) Dr. Susi Milwati, S.Kp., M.Pd., Advisor (Assistant) Fitriana Kurniasari S, S.Kp., Ns., M.Kep.

Keywords: Dysmenorrhea, Comfort, Thermotherapy, Hot-pack.

Over the past 50 years 75% of women experience dysmenorrhea. In a period of as much as 20-40% of women overcome it with medical or pharmacological assistance and the rest by nonpharmacology. No one has handled dysmenorrhea with a hot-pack belt. Comfort is the experience received by someone from an intervention that is holistic. Handling comfort (pain) can be done using thermotherapy with hot packs. The purpose of this study was to analyze the effect of hot-pack thermotherapy on the level of comfort (pain) of young women when experiencing dysmenorrhea in Singosari Al-Maarif SMKS Plus. This research design used quasy experiment with a population of 35 female students who had dysmenorrhea, with consecutive sampling technique obtained 32 students as samples. Data retrieval is done by interviewing, measuring the score of comfort level (pain) with Shortened General Comfort Quessioner Kolcaba. Data analysis was performed using paired t-test (α = 0.05). From the results of the study of 32 respondents 24 female students (63%) before being given hot-pack thermotherapy were at an uncomfortable level. After the administration of hot-pack thermotherapy, the level of comfort (pain) turned out to be as comfortable as 21 students (66%). The data is processed using the paried t-test test, the P value is 0.000 <α (0.05), which means hioptesis is accepted. There is the effect of hot-pack thermotherapy on the level of comfort (pain) of young women when experiencing dysmenorhhea in Singosari Al-Maarif SMKS Plus. Thermotherapy hot pack can be used to increase comfort during dysmenorrhea.