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Wild Child Pose Yoga For Decreasing The Intensity Of Dysmenorrhea

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ABSTRACT

Dysmenorrhea is a condition in which a woman experiences pain during menstruation which has an adverse effect disrupting carrying out daily activities. Currently, many ways can be done to reduce the intensity of menstrual pain both pharmacologically and non-pharmacologically. One of the non-pharmacological methods that can be applied to reduce menstrual pain is to do yoga. And one of the yoga techniques that can be used is wild child pose yoga. This study aims to influence the wild child yoga pose on the intensity of dysmenorrhea. This type of research is quasi-experimental (quasi-experimental) with a comparison group (pre and post-test with control group design). The sample in this study was 60 people with the criteria of having a history of dysmenorrhea, age 17-23 years, and owning a smartphone/android. While the sample collection technique was carried out by purposive sampling. Data collection was selected directly using a questionnaire. Statistical analysis in this study used an independent sample t-test. The results show that there is an effect of wild child pose on the intensity of menstrual pain with the mean menstrual pain intensity in the intervention group being 4.03 and the mean menstrual pain intensity in the control group was 5.43 (p-value = 0.031). This wild child yoga pose can reduce the intensity of pain by relaxing the skeletal muscles that are experiencing spasms and increasing blood flow to the area that is experiencing a spasm. This yoga position gently stretches the hips, thighs, and ankles, relaxing the brain, and relieving stress

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1. INTRODUCTION

Adolescence is a very important period. This period will begin with the maturity of the physical (sexual) organs so that they will be able to reproduce. In adolescence, some changes occur such as hormonal, physical, psychological, and social changes, where this condition is called puberty. One of the signs of puberty in young women is menstruation In adolescent girls will experience menstruation which indicates that the reproductive system Adolescent girls will experience menstruation which indicates that the reproductive system is mature and capable of reproduction. However, several menstrual complaints can occur in these adolescents, one of which is the occurrence of dysmenorrhea [1]

Dysmenorrhea is a condition in which a woman experiences pain during menstruation which has an adverse effect disrupting carrying out daily activities because of the pain she feels [2]. Dysmenorrhea is a gynecological complaint due to an imbalance of the hormone progesterone in the blood resulting in pain that most often occurs in women [3]. Dysmenorrhea has a worse impact, such as nausea, vomiting,

According to WHO in Sulistyorini's research, the incidence of dysmenorrhea is quite high According to WHO in Sulistyorini's research, the incidence of dysmenorrhea is quite high throughout the world. The average incidence of dysmenorrhea in young women is between 16.8–81%. In Indonesia, the incidence of dysmenorrhea is quite large, indicating that sufferers of dysmenorrhea reach 60-70% of women in Indonesia. The primary type of dysmenorrhea in Indonesia is 60.89%, while the remaining 45.11% is the second type [4]

Currently, many ways can be done to reduce the intensity of dysmenorrhea both pharmacologically and non-pharmacologically. One of the non-pharmacological methods that can be applied to reduce dysmenorrheais to do yoga. And one of the yoga techniques that can be used is wild child pose yoga [5]

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This wildchild yoga pose is a type of relaxation technique that can reduce pain intensity by relaxing the skeletal muscles that are experiencing spasms and increasing blood flow to areas that are experiencing spasms [5]. His yoga position slowly stretches the hips, thighs and ankles, calms the brain, relieves stress, fatigue, back and neck pain [6].

2. RESEARCH METHOD

This type of research is quasi-experimental (Quasi-experimental) with a comparison group (pre and post test with control group design). The research was conducted at the Bachelor of Applied Midwifery Study Program, Poltekkes, Palembang, Ministry of Health. The sample in this study was 60 people with inclusion criteria, namely having a history of menstrual pain, aged 17-23 years, and owning a smartphone/android. While the sampling method was carried out by purposive sampling following predetermined inclusion and exclusion criteria. The type of data used is primary data. The tools for collecting samples used questionnaires and VAS (visual analog scale) to measure the respondent's pain levels [7].

For data processing through the stages of editing and coding, scoring, data entry, and data tabulation. Data analysis used in this study used SPPS with univariate analysis of the independent variable Wild Child Pose and the dependent variable, namely the decrease in the intensity of menstrual pain. Meanwhile, the bivariate analysis used an independent statistical test sample t-test. [8]

3. RESULTS AND DUSCUSSIONS

3.1. Results

3.1.1. Characteristics of Research Respondents

Table 1. Characteristics of Research Respondents

Characteristics of Respondents	n	Control Group	Intervention Group
		Mean (s.d)	Mean (s.d)
Respondent Age	30	18.36 (0.92)	18.53 (1.1)
Age of Menarche	30	12.53 (1.25)	13.16 (1.14)
Respondent's Weight	30	57.03 (23.05)	52.26 (8.2)
Respondent's Height	30	158.06 (4.54)	159.23 (4.76)

Based on table 1 it was found that the mean age of the respondents in the control group was 18.36 years and in the intervention group was 18.53 years. The mean age of menarche in the control group was 12.53 years and in the intervention group was 13.16 years. The average BB of respondents in the control group was 57.03 years and in the intervention group was 52.26 years. The mean height of the respondents in the control group was 158.06 years and in the intervention group was 159.23 years.

3.1.2. Effect Wild Child Pose for Reducing Dysmenorrhea Intensity

Table 2. Effect Wild Child Pose for Reducing Dysmenorrhea Intensity

Variabel	N	Mean	SD	*p Value*
Pain scale intensity after doing wild child pose	30	4.03	2.29	0,031
Pain scale intensity without doing wild child pose	30	5.43	2.59	

Based on the table above shows that the mean intensity of dysmenorrhea in the group that did the wild child pose was 4.03. Meanwhile, the mean intensity of dysmenorrhea in the group that did not do the wild child pose was 5.43. The results of the independent t-test showed that there was the use of wild child pose on the intensity of dysmenorrhea in the group that did wild child pose and the group that did not do wild child pose (*p value* =0,031).

3.2. Discussions

Dysmenorrhea or dysmenorrhea is caused by uterine hyperactivity which is influenced by prostaglandins and vasopressin [9]. Prostaglandins will stimulate the smooth muscles of the corpus uterine to contract. The higher the level of prostaglandins, the stronger the contractions will be, so the pain you feel will also be stronger. Usually, on the first day of menstruation, the level of prostaglandins is very high. On the second day and so on, the uterine lining

will begin to shed, and the prostaglandin levels will decrease. Dysmenorrhea and pain will also decrease as the levels of prostaglandins decrease [10]

This research is in line with previous research which stated that women who experience dysmenorrhea have relatively high levels of prostaglandins in their menstrual cycle. According to the researchers, this is influenced by high prostaglandin activity which can result in an increased uterine inflammatory response and makes the pain worse [11]

Production of physiological prostaglandins in the endometrium increases during primary dysmenorrhea. Increased production of prostaglandins results in uterine contractions, whereas high prostaglandins result in primary dysmenorrhea. Overweight and obesity have been hypothesized to be involved in dysmenorrhea through increased prostaglandin production [12]. The increased production of prostaglandins may be related to the low levels of progesterone that occur until the end of the menstrual cycle. High levels of prostaglandins are associated with uterine contractions and pain. Contractions are stimulated by prostaglandins, particularly PGF-2alpha and PGE-2. This causes contractions so that the endometrium decays and comes out with the unfertilized ovum, or due to increased muscle sensitivity causes ischemia and pain [11]

Based on the results of this study, the level of dysmenorrhea (dysmenorrhea) after being given the wild child pose intervention in the control group was 5.43 and the intensity of dysmenorrhea in the intervention group was 4.03 and a p-value of 0.031 ($p < 0.05$). Thus wild child pose affects reducing the intensity of dysmenorrhea.

One form of physical activity that can be done to reduce the intensity of dysmenorrhea is to do yoga. Yoga is one of the right sports choices during menstruation because it can help the body relax and reduce the symptoms of stress that occur [10]

Child's yoga movements, namely movements that lengthen the lower back and open the hips, are useful for reducing hip pain, can trigger feelings of relaxation and calm [13].

This research is supported by Haryono who stated that yoga can relieve pain during menstruation as well as expedite the cycle by helping to increase oxygenation or the process of oxygen exchange in blood cells and stimulate drainage before lymph flow, thereby increasing flexibility and reducing muscle cramps [14].

In line with the research, it was stated that there was a decrease in the pain scale during menstruation because when doing yoga the respondents felt relaxed so that the body would be stimulated to secrete endorphins which could reduce uterine contractions and stomach cramps that occur [15]

According to Pujiastuti, yoga only involves the muscular and respiratory systems and does not require any other tools, so it is easy to do at any time or at any time. So exercises such as moving the pelvis, with knee positions, chest, and warm-up exercises can be useful for reducing dysmenorrhea. Yoga is a way of relaxation techniques, relaxation techniques provide a distraction effect that can reduce abdominal cramp pain due to dysmenorrhea [16]. The relaxing effect also gives individuals self-control when discomfort or pain occurs, physical and emotional stress and stimulates the release of endorphins [17]. The release of endorphins can increase the parasympathetic nerve response which results in vasodilation of blood vessels throughout the body and uterus and increases uterine blood flow thereby reducing the intensity of dysmenorrheal pain [18].

4. CONCLUSION

Based on the results of the research that has been done, it can be concluded as follows is there is an effect of wild child pose on the intensity of dysmenorrhea in the group that does wild child pose and the group that does not do wild child pose

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