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**THE EFFECTIVENESS OF HYPNOTHERAPY ON ADOLESCENT GIRLS
EXPERIENCING DYSMENORRHEA AT MTs NEGERI BANGKALAN**

ABSTRACT

Dysmenorrhea is pain in the lower abdomen during the menstrual cycle. The pain usually occurs before or during menstruation. Based on a preliminary study at MTs Negeri Bangkalan involving 10 female students, 9 (90%) experienced dysmenorrhea, 3 (30%) had mild dysmenorrhea, 4 (40%) had moderate dysmenorrhea, 2 (20%) had severe dysmenorrhea, while 1 (10%) did not experience dysmenorrhea. The purpose of this study is to analyze the effectiveness of hypnotherapy on adolescent girls experiencing dysmenorrhea at MTs Negeri Bangkalan.

This study design used a quasi-experimental design with a one-group pretest-posttest approach. The independent variable was hypnotherapy and the dependent variable was dysmenorrhea with a population of 73 female students and a sample of 8 female students. The sampling technique used is purposive sampling based on inclusion criteria. The research was conducted at MTs Negeri Bangkalan on July 21-25, 2025. The measurement tool used was the Numeric Rating Scale (NRS) before and after the hypnotherapy intervention. The data were analyzed using the Wilcoxon Signed Rank Test.

Based on the results of the study, all adolescent girls experienced moderate pain (100%) before being given hypnotherapy. Almost all adolescent girls after receiving hypnotherapy experienced mild pain (75%). Statistical test results showed a p value $< \alpha$ ($0.014 < 0.05$), which means that hypnotherapy was effective in reducing dysmenorrhea in adolescent girls at MTs Negeri Bangkalan.

It is hoped that MTs Negeri Bangkalan will activate PIK-R so that there is a forum for female students to consult about reproductive health, thereby increasing knowledge about reproductive health among adolescent girls.

Keywords: Dysmenorrhea, Hypnotherapy, Adolescent Girls