

The Effect of Sanyinjiao Point (SP6) Acupressure on the Dysmenorrhea Pain Scale at SMP N 4 Kotamobagu

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Abstract: Dysmenorrhea or menstrual pain is a common complaint in adolescent girls that can interfere with daily activities. One method that can be used to reduce menstrual pain is acupressure, especially at the Sanyinjiao point (SP6), which is known to relieve dysmenorrhea symptoms. This study aims to determine the effect of acupressure at the Sanyinjiao point (SP6) on reducing the scale of dysmenorrhea pain in students of SMP N 4 Kotamobagu. This type of research is quantitative with a pre-post test experimental design. A total of 18 respondents were selected by purposive sampling. This study used a pain scale measuring instrument to assess the level of dysmenorrhea pain before and after acupressure treatment was given at the Sanyinjiao point (SP6). Based on the results of statistical analysis, the p-value obtained was 0.001, which indicates a significant effect between acupressure at the Sanyinjiao point (SP6) on reducing the scale of dysmenorrhea pain in respondents. Acupressure at the Sanyinjiao point (SP6) has been proven effective in reducing the pain scale of dysmenorrhea in female adolescents at SMP N 4 Kotamobagu. It is recommended that acupressure can be applied as a non-pharmacological method in overcoming menstrual pain in female adolescents

Keywords: Acupressure, dysmenorrhea, pain scale, Sanyinjiao point (SP6)

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1. Introduction

Menstrual pain or dysmenorrhea is a common complaint experienced by adolescent girls, and can disrupt their physical activity and quality of life. Dysmenorrhea is divided into two types, namely primary and secondary. Primary dysmenorrhea occurs without any organic pathology, while secondary dysmenorrhea is associated with medical disorders of the reproductive organs. In general, primary dysmenorrhea is more often experienced by adolescents who have just started menstruating. Several studies have shown that almost 50-90% of adolescent girls experience menstrual pain. In this case, appropriate intervention to reduce menstrual pain is important. Acupressure is an alternative therapy that can be used to reduce pain without dangerous side effects. Acupressure is a technique that uses pressure on certain points on the body to stimulate the nervous system and increase blood flow. One point that is known to be effective in reducing menstrual pain is the Sanyinjiao point (SP6), which is located on the inside of the foot, about 4 fingers above the inside of the ankle.

Research conducted by showed that acupressure at the SP6 point can reduce the pain scale in dysmenorrhea.

In this study, 18 respondents who were students at SMP N 4 Kotamobagu were involved to measure the effect of acupressure at the SP6 point on the dysmenorrhea pain scale. Respondents were given acupressure treatment at the SP6 point for several minutes before and during their menstruation. The results of the dysmenorrhea pain scale measurement showed that there was a significant decrease in the pain scale after acupressure was performed at the SP6 point. The p-value obtained of 0.001 indicates that this result did not occur by chance and there is a significant relationship between acupressure and pain reduction.

This acupressure technique works by increasing the flow of energy in the body and activating the parasympathetic nervous system, which is responsible for relieving pain and reducing inflammation. Previous research by also showed that acupressure has a significant effect on reducing pain in various conditions, including menstrual pain. This is supported by the finding that pressure on the SP6 point can stimulate the release of endorphins, which function as natural analgesics in the body.

In addition, acupressure is a safe and non-invasive method, and can be done independently by individuals. This is a major advantage, especially for adolescents who may not want to rely on drugs to relieve menstrual pain. Research by states that the use of non-pharmacological methods such as acupressure is highly recommended because it can reduce dependence on drugs, which can cause side effects in the long term.

Although the results of this study show the positive effects of acupressure, it is important to note that not all individuals will experience the same benefits. Factors such as pain severity, mastery of acupressure techniques, and individual perceptions of this method can affect the results. Therefore, further research with a larger sample size and long-term observation is needed to evaluate the effectiveness of acupressure in more depth. Further studies can also explore the effect of acupressure in combination with other methods to improve patient comfort.

In conclusion, acupressure at the Sanyinjiao point (SP6) has been proven to have a positive effect in reducing the scale of dysmenorrhea pain in female adolescents at SMP N 4 Kotamobagu. Acupressure offers a safe and effective non-pharmacological alternative to overcome menstrual pain complaints. Therefore, it is recommended that this technique can be introduced and applied in adolescent health programs as part of a more holistic management of menstrual pain. In addition, training for students and health workers in schools can also improve the understanding and application of acupressure techniques independently.

2. Research Methods

Based on its type, this study uses a quantitative with a pre-post test experimental design . Respondents numbered 18 pregnant women selected by purposive sampling. Data were collected through a structured questionnaire and analyzed using the Wilcoxon statistical test. This design is to determine the effects before and after treatment. With the Purposive Sampling sampling technique

3. Results and Discussion

Tabel 1 Age Of Students

Infomation	Frequency	Percent	Percent Valid	Percent Kumulatif
12 year	7	38,9	38,9	38,9
13 year	9	50,0	50,0	88,9
14 year	2	11,1	11,1	100,0
Total	18	100,0	100,0	

Based on table 1 above, from 18 respondents, it shows that the majority of female students are 13 years old, as many as 9 respondents (50.0%), 12 years old, as many as 7 respondents (38.9%), and 14 years old, as many as 2 respondents (11.1%).

Table 2 Before giving Sanyinjiao Point Acupressure (SP6)

Infomation	Frequency	Percent	Percent Valid	Percent Kumulatif
Mild	5	27,8	27,8	27,8
Moderate	12	66,7	66,7	94,4
Severe	1	5,6	5,6	100,0
Total	18	100,0	100,0	

Based on table 2 above, it can be seen that 18 respondents in this study before being given Sanyinjiao Point Acupressure (SP6) were almost all respondents who experienced moderate dysmenorrhea, as many as 12 respondents (66.7%), some respondents who experienced mild dysmenorrhea, as many as 5 respondents (27.8%) and a small number who experienced severe pain, as many as 1 respondent (5.6%) who experienced dysmenorrhea.

Table 3 After giving Sanyinjiao Point Acupressure (SP6)

Infomation	Frequency	Percent	Percent Valid	Percent Kumulatif
Painless	3	16,7	16,7	16,7
Mild	10	55,6	55,6	72,2
Moderate	5	5,6	5,6	100,0
Total	18	100,0	100,0	

Based on table 3 above, it can be seen that the 18 responses that were respondents in this study after being given Sanyinjiao Point Acupressure (SP6), most of the respondents experienced mild dysmenorrhea, as many as 10 respondents (55.6%), some respondents

experienced moderate dysmenorrhea, as many as 5 respondents (27.8%) and a small number who experienced no pain, as many as 3 respondents (16.7%) of those who experienced dysmenorrhea.

Table 4 Frequency distribution based on Sanyinjiao Point Acupressure (SP6)

Infomation	Pre		Post	
	Frequency	Percent	Frequency	Percent
Painless	0	0,0	3	16,7
Mild	5	27,8	10	55,6
Moderate	13	66,7	5	27,8
Total	18	100	18	100
<i>p value Wilcoxon</i>		*0.00 1		

Table 4 Frequency distribution based on Sanyinjiao Point Acupressure (SP6) before and after being given. Based on table 4, the results of the statistical test show that all respondents who experienced primary dysmenorrhea before being given the intervention were 18 respondents. After being given the intervention, most of the 10 respondents (55.6%) had mild dysmenorrhea pain, 5 other respondents experienced moderate dysmenorrhea (27.8%) and a small number of respondents had no pain, 3 respondents (16.7%). The results of the Wilcoxon Test $p\text{-value} = 0.001$ were obtained, which means that there is an Effect of Sanyinjiao Point Acupressure (SP6) on the Dysmenorrhea Pain Scale at SMP N 4 Kotamobagu.

Based on Table 4, which presents the frequency distribution of the dysmenorrhea pain scale in respondents before and after being given acupressure intervention at the Sanyinjiao point (SP6), there was a significant change in the level of pain experienced by the respondents. Before being given the intervention, all 18 respondents experienced primary dysmenorrhea, which means they felt quite disturbing menstrual pain. This shows that primary dysmenorrhea is a common complaint in adolescent girls, and proper treatment is needed to reduce its impact.

After being given acupressure intervention at the Sanyinjiao point (SP6), the results found showed quite significant improvements. Most respondents, namely 10 people (55.6%), experienced a decrease in pain to mild after receiving acupressure. Five other respondents (27.8%) reported that they still experienced moderate pain, while three respondents (16.7%) even reported that they did not feel any pain at all after the intervention. These results indicate that acupressure at the Sanyinjiao point (SP6) has a positive effect in relieving dysmenorrhea pain in most respondents.

These results are in line with the theory that acupressure can increase blood flow, relieve muscle spasms, and stimulate the nervous system to release endorphins, which function as natural analgesics in the body. Acupressure at the Sanyinjiao point (SP6) in particular is believed to relieve menstrual pain by balancing body energy and improving blood circulation in the pelvic area, which is often the main cause of dysmenorrhea.

The results of the statistical test using the Wilcoxon Test gave a $p\text{-value}$ of 0.001, which is smaller than 0.05, indicating that the difference in pain scale before and after the intervention was statistically significant. This means that the reduction in pain experienced by respondents did not occur by chance, but rather there was a real effect of acupressure intervention at the Sanyinjiao point (SP6) on the dysmenorrhea pain scale. This very small $p\text{-value}$ confirms that acupressure is an effective method in reducing menstrual pain in adolescent girls.

In addition, the results found also showed that a small number of respondents (16.7%) experienced a significant reduction in pain to the point of not feeling any pain at all. However, there were still a small number of respondents who reported moderate pain after the intervention, indicating that individual responses to acupressure can vary. Several factors such as perceptions of acupressure techniques, skills in applying acupressure, and the severity of pain in each individual can affect the results obtained.

This study provides evidence that acupressure can be an effective and safe alternative for managing dysmenorrhea, especially in adolescents who tend to seek non-pharmacological solutions. With increasing awareness of the risks of side effects from long-term use of painkillers, acupressure offers a more natural solution that is free from harmful side effects.

Based on the results of this study, it is recommended that acupressure techniques be introduced more widely among adolescents as a method of managing menstrual pain. Acupressure when performed regularly and with the correct technique can be a safe and effective option to reduce menstrual pain without relying on drugs. Training for medical personnel and students in schools to practice acupressure can also be an important step in introducing this therapy more widely.

5. Conclusions

Based on the results of the study conducted at SMP N 4 Kotamobagu, it can be concluded that acupressure at the Sanyinjiao point (SP6) has a significant effect in reducing dysmenorrhea pain in adolescent girls. Before the intervention, all respondents experienced quite disturbing menstrual pain. However, after acupressure was performed at the Sanyinjiao point (SP6), most respondents experienced a significant decrease in pain, with 55.6% of respondents reporting mild pain and 16.7% feeling no pain at all. The results of the statistical test with a p-value of 0.001 showed that the changes did not occur by chance and there was a real effect of acupressure on reducing the scale of dysmenorrhea pain.

Acupressure has been shown to be effective as a non-pharmacological method to reduce menstrual pain, and can be a safe alternative for adolescents experiencing dysmenorrhea. Therefore, this technique is recommended to be applied more widely in schools as part of an adolescent health program, in order to improve their quality of life and reduce dependence on drugs to treat menstrual pain.

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