**Pain Reduction Chart**

The average change in scores before and after the pain scale intervention in respondents of young women with dysmenorrhea pain given Progressive Muscle Relaxation through the Pure App application as well as changes in pain scores in the control group can be seen in the following figure.

Pre 4,48 4,45

Post 1,98 4,9

**Average pain scores of the intervention group and control group**

The graph shows that the pain score in the intervention group decreased from 4.48 to 1.98, while the control group increased from 4.45 to 4.9.