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***THE DYSMENORRHEA GYMNASTICS VIDEO METHOD IS AN EFFORT
TO REDUCE THE SCALE OF MENSTRUAL PAIN DURING
MENSTRUATION***

RESUME

Background: *Dysmenorrhea is a common menstrual pain by adolescents during the first day of menstruation which lasts 2-3 days. Dysmenorrhea exercise is a relaxation technique that can be used to reduce pain because when doing sports or exercising the brain and spinal cord nervous system will produce endorphins. Information about dysmenorrhea gymnastics can be packaged via media video output. Video as one of the advances in technology has many positive influences and advances for humans and their culture, with the presence of videos individuals no longer have difficulty obtaining various information, knowledge and entertainment. Objectives :* *To Provide the right knowledge information in order to understand the content of the material through visualization, can stimulate the effects of motion, overcome the limitations of user space and time, make it easier for users to understand, remember and apply the content of the material presented. Conclusion :* *Dysmenorrhea gymnastic videos made to increase knowledge about dysmenorrhea gymnastic as a non-pharmacological therapy.*

Keywords : *Dysmenorrhea; Dysmenorrhea Gymnastics ; Video*