

**WARM AND COLD COMPRESSION THERAPY AS EFFORTS
MANAGEMENT DISMENOREA THROUGH MEDIA
BOOKLET**

Heppy Aprilla Sintya, Wahyuni, Siti Fatmawati
heppy.sintya98@gmail.com
'Aisyiyah University Surakarta

SUMMARY

Background: Menstruation is a sign of young girls experiencing puberty. Menstruation often causes dysmenorrhoea. The nature and degree of this pain varies from mild to severe. The impact if dysmenorrhoea is not treated will be disruption of daily activities, infertility (sterility), unable to concentrate on studying and working. Things that can be done to reduce dysmenorrhoea pain, both through pharmacological and non-pharmacological therapies in the form of warm compresses and cold compresses. Compress is an effective alternative in reducing dysmenorrhoea pain, warm compresses do not require a lot of money, take a long time, and can be done alone, and this therapy does not have a negative impact on the body. Booklets are selected to provide health information that can summarize information in an attractive manner. **Purpose:** To provide information for adolescents who have dysmenorrhoea. **Method:** The booklet entitled "Good Bye Dysmenorrhoea" was chosen as a communication medium in providing health information to adolescents. **Conclusion:** The booklet "Good Bye Dismenorrhoea" contains important information along with illustrations that can make it easier for teenagers to understand the material. It is hoped that the booklet can be useful for adolescents with dysmenorrhoea.

Keywords: dysmenorrhoea, warm compresses and cold compresses