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EDUCATION ON THE MANAGEMENT OF DYSMENORRHEA PAIN WITH THE ABDOMINAL EFFLEURAGE MASSASE METHOD FOR YOUNG WOMEN

EXECUTIVE SUMMARY

Dysmenorrhea is a disorder experienced by almost all women when having menstruation. One of the non-pharmacological actions in dealing with dysmenorrhea is by means of a safe and easy abdominal effleurage massage that does not require a lot of tools, does not need money, has no side effects and can be done alone or with the help of others.

Health education is one of the appropriate methods to provide information on dysmenorrhea pain management to adolescents. Video is an interesting medium to be used as health education for the public because it uses a variety of senses, namely hearing and sight, so that it can increase public understanding, especially young women, regarding the management of dysmenorrhea pain with the abdominal effleurage massase method. Video is proven to be an alternative choice with limitations in the field, able to attract interest and motivation, increase attention, video media according to the characteristics of adolescents, easily accessible, in accordance with supporting facilities.

The benefits of video as a medium of communication, information and education (IEC) include being able to add insight and knowledge about the management of dysmenorrhea pain with the abdominal effleurage massase method, being able to become a source of information and health education media regarding the management of dysmenorrhea in adolescent girls with the abdominal effleurage massase method.

Key Words: Dysmenorrhea, abdominal effleurage massase, IEC, young women