

DYSMENORRHEA EXERCISE METHOD TO REDUCE MENSTRUAL PAIN IN YOUNG WOMEN

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ESSENCE

Dysmenorrhea is abdominal pain that originates from uterine cramps and occurs during menstruation. According to the World Health Organization (WHO) 50% on average women in country experience dysmenorrhea. About 70% in Sweden, nearly 90% of women have dysmenorrhea, and 10-15% have severe dysmenorrhea, which causes them to be unable to do any activity. While in Indonesia the figure is estimated at 55% of productive women who experience dysmenorrhea. Prevention can be done by doing dysmenorrhea exercises. Dysmenorrhea exercises are exercises that help stretch around the abdominal muscles, pelvis, and waist. The benefits of dysmenorehea are when we do exercises, the brain and spinal cord will produce endorphins, which are hormones that act as natural calming drugs and cause a sense of comfort. When doing dysmenorrhea exercises can be done regularly, usulally done 5-7 days before menstruation every morning with a frequency of 3 times a week for 30-45 minutes. Booklet is a combination of leaflet an book with small format (size) such as leaflet. The benefits of booklets are as a learning support medium, as a promotional material, and as a brief delivery of messages.