

**IMPROVEMENT OF KNOWLEDGE REDUCES THE DISMENOIRE  
WITH PROGRESSIVE MUSCLE RELAXATION TECHNIQUES  
THROUGH THE MEDIA *BOOKLET***

**Dwi Susanti**

Diploma III Nursing Study Program, Faculty of Health Sciences

'Aisyiyah University Surakarta

E-mail : [dwis1760@gmail.com](mailto:dwis1760@gmail.com)

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**ESSENCE**

*Dysmenorrhea is a recurring symptom or in the medical term it is called catmenial pelvic pain, it is a condition in which a woman experiences pain during menstruation which has a bad effect causing disruption of daily activities due to the pain she feels. This condition can last 2 days or longer menstrual days experienced every month. In Indonesia, women who experience dysmenorrhea are quite high at 64.25% consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. Progressive muscle relaxation technique is a relaxation therapy given to clients by tensing certain muscles and combining deep breathing exercises and a series of contractions and relaxation of certain muscles. This therapy is done 2 times a day in the morning and evening with a duration of 10 minutes and is carried out in 3 days. One of the media that can be used in providing information is a booklet. Booklets can be used with the aim of increasing knowledge and providing more specific information. It can be concluded that this booklet media can provide information to increase knowledge about reducing dysmenorrhea with progressive muscle relaxation techniques.*

**Keywords:** *Dysmenorrhea, Progressive Muscle Relaxation, Knowledge, Booklet.*