

**IMPROVEMENT OF KNOWLEDGE REDUCES DISMENOIRE PAIN
WITH WARM COMPRESS THERAPY AND BREATH RELAXATION
THROUGH BOOKLET MEDIA**

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ESSENCE

Menstruation is the process of releasing the uterine wall (endometrium) which is accompanied by bleeding and occurs repeatedly every month except during pregnancy. The first menstruation experienced by young women will experience a lot of fear and worry, one of which is menstrual pain or dysmenorrhea (Haryono, 2016). Dysmenorrhea is a painful or abnormal monthly blood flow (Laila, 2011). According to Karjatin (2016). The causes of dysmenorrhea vary from age, honor or disorder. Management of pain due to dysmenorrhea in mild to moderate types can be handled non-pharmacologically, namely by means of warm compresses and relaxing deep breaths, this method is effective because there are already proven research journals. One of the media that can be used in providing information is a booklet. Booklets can be used with the aim of increasing knowledge, because booklet media provide more specific information. It can be concluded that booklet media can provide information to increase knowledge about how to treat dysmenorrhea in young women.

Keywords : Menstruation, Dysmenorrhea, Warm Compress, Deep Breath Relaxation, Booklet