

ABSTRACT

GIVING AROMATHERAPY LAVENDER OIL MASSAGE IN REDUCING PAINFUL MENSTRUATION (PRIMARY DYSMENORRHEA) TO 17-23 YEARS OLD WOMEN USING BOOKLET MEDIA

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ESSENCE

Background; Menstrual pain (dysmenorrhea) is a problem that women often complain about. In Europe, dysmenorrhea occurs in 45-97% of women. In Indonesia, it is 64.25%. In Central Java, the number of teenage girls aged 10-19 years with dysmenorrhea is 1,465,876 out of 2,899,120 people. Menstrual pain in question is heavy pain until a woman need to medication. Dysmenorrhea can be treated pharmacologically and non-pharmacologically. Pharmacological treatment uses medical drugs while non-pharmacological uses relaxation techniques such as massage lavender aromatherapy oil. **Method;** video can be used as a medium for health education to the public, especially for women who often experience dysmenorrhea because the video presents images and sounds that are easily accessible anywhere and anytime. **Results;** The resulting project is in the form of video media as a medium to provide education, information to women on efforts to treat menstrual pain with lavender aromatherapy oil massage. **Conclusion;** with video media containing how to massage lavender aromatherapy oil, it is hoped that the community, especially women who often experience menstrual pain, can understand and know how to handle menstrual pain.

Keywords: Menstrual Pain, Massage, Lavender Aromatherapy Oil