

SUMMARY

Background ; Menstrual pain (*dysmenorrhea*) is a gynecological complaint due to an imbalance of the hormone progesterone in the blood, which causes pain during menstruation. Menstrual pain is most common in adolescence. The incidence of *dysmenorrhea* in Indonesia in 2012 is (64.25%) consisting of people (54.89%) experiencing *dysmenorrhea* primary and (9.36%) experiencing *dysmenorrhea* secondary. If menstrual pain occurs continuously and is not treated immediately, it can cause the sufferer to be unable to move as usual. **Destination**; Helping people, especially adolescents, to reduce menstrual pain during menstruation and increase endurance with therapy *abdominal stretching exercise*. **Method**; Make use of a video editor application, namely *kine master*, to combine videos and edit videos to make them more attractive and easy to understand by viewers. **Result**; This final project is a video media "*Abdominal Stretching Exercise To Reduce Menstrual Pain*". **Conclusion**; This video is useful for adolescents who often experience *desminore*. This video can make it easier for teenagers to practice movements *abdominal stretching exercise* to reduce *dysmenorrhea*.