

WARM COMPRESS THERAPY TO REDUCE DYSMENORRHEA IN ADOLESCENT WOMEN
THROUGH BOOKLET MEDIA

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SUMMARY

Background : Menstrual pain (Dysmenorrhea) is a menstrual disorder that is often experienced by young women. Patients who experience menstruation often feel pain. The incidence of dysmenorrhea in the world is on average more than 50% in every country. They experienced 12% severe pain, 37% moderate pain, and 49% experienced mild pain. In the United States, dysmenorrhea affects 30–70% of women of reproductive age, and 60–70% of unmarried adult women. One of the non-pharmacological treatments to reduce pain is using warm water compress therapy. One of the non-pharmacological treatments to reduce pain is using warm water compress therapy. Warm water compress therapy is done by attaching hot jars containing warm water to the stomach so that the patient feels relaxed and the pain that is felt can be reduced. Information about the application of warm water compress therapy to reduce dysmenorrhea pain levels can be disseminated through the media. One of the media used is booklet. **Method:** Utilizing Microsoft Word and Carel Draw applications to modify the layout of the background design and the output in the form of a booklet. **Result:** IEC media is in the form of booklets media contains clear information accompanied by supporting images so that it is easy to understand. **Conclusion:** Media booklets can provide clear information to the public, especially young women who experience dysmenorrhea about reducing pain levels with the use of warm compress therapy.

Keywords: Dysmenorrhea, Hot Compress, Booklet