

**EFFORTS TO HANDLING DISMENOREA IN ADOLESCENTS WITH HERBAL
INGREDIENTS THROUGH THE BOOKLET MEDIA**

Evi Novitasari, Tri Susilowati

Nursing Undergraduate Study Program, Faculty of Health Sciences

Programme 'Aisyiyah University Surakarta

Email: evino3655@gmail.com

SUMMARY

Background: According to the World Health Organization (WHO), in 2016 the incidence of dysmenorrhea in the world was very large. On average more than 50% of women in every world experience it. Dysmenorrhoea can be defined as a feeling of intense cramping before or during menstruation. The impact caused by dysmenorrhea is in the form of disruption of daily activities and can cause anxiety. For this reason, treatment is needed to reduce pain during menstruation both pharmacologically and non-pharmacologically. **Methods:** The media used to provide information and education to adolescents is a booklet that is made interestingly about herbal ingredients for menstrual pain relievers (dysmenorrhoea). The author's booklet media is made with a size of 3.5 x 8.5 inches which consists of 16 pages. By using a combination of pink with orange. **Result:** Booklet media can be used with the aim of increasing knowledge and providing clearer and more specific information because it contains more detailed information, can be stored for a long time, is easy to carry anywhere and read anytime **Conclusion:** Media booklets can provide information on how to reduce taste pain (dysmenorrhoea) in adolescents, so that adolescents are motivated to apply it when they feel menstrual pain (dysmenorrhoea).

Keywords: Menstruation, Dysmenorrhoea, Herbal Ingredients, Booklet