

# UPAYA MENGURANGI NYERI HAID PADA REMAJA PUTRI DENGAN SENAM DISMENOREA MELALUI MEDIA VIDEO

Hikmah Nur Ariyani, Tri Susilowati  
hikmahariyani240@gmail.com  
University of 'aisyiyah Surakarta

## SUMMARY

**Background:** *Dysmenorrhea* (dysmenorrhea) is pain that is felt during menstruation caused by the uterine muscle spasms. The prevalence of dysmenorrhea in Indonesia is 64.25%, consisting of 54.89% experiencing primary dysmenorrhea and 9.36% experiencing secondary dysmenorrhea. There are many ways to reduce the pain of dysmenorrhea, both in terms of pharmacology and non-pharmacology. One of the non-pharmacological efforts that can reduce dysmenorrhea pain is dysmenorrhea exercise. **Methods:** Dysmenorrhea exercise media, namely video media. **Results:** Educational media that can be used to provide information are videos with the aim of increasing the knowledge of young women who experience dysmenorrhea pain during menstruation so that the problem of dysmenorrheal pain in young women can be reduced, and to reduce the consumption of drugs. **Conclusion:** Video is an audiovisual media that displays moving images accompanied by sound elements, clarifying abstract things and providing more realistic or real explanations.

**Keyword:** *dysmenore, dysmenore gymnastics*