

# **ABDOMINAL STRETCHING EXERCISE METHODS TO REDUCE MENSTRUAL PAIN IN ADOLESCENTS USING VIDEO MEDIA**

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## **SUMMARY**

**Background:** *The problem that often occurs in young women during menstruation is menstrual pain. Menstrual pain or Dysmenorrhoea is a menstrual disorder that is generally experienced by teenagers, the complaint that is felt pain in the lower abdomen extending to the back and thighs. Dysmenorrhoea for teenagers should be treated even if only with self-medication to avoid more serious problem. Non-pharmacological therapy more is chosen because it is safer rather than pharmacological therapy, one of them is abdominal stretching exercise. Abdominal streatching is a streatching exercise for the muscles, especially the abdominal area, that doing over 10 menit.* **Method:** *The author chose to use video media because in the video there is information that can be educated about menstrual pain. With video media, teenagers can increase their knowledge in dealing with menstruation.* **Result:** *The output is in the form of video media about abdominal stretching exercises as a simple way to reduce menstrual pain for sufferers, as an effort to increase public insight and explain the purpose of abdominal stretching exercises and how to do abdominal stretching exercises so that they are motivated to apply abdominal stretching exercises independently.* **Conclusion:** *There is a decrease in menstrual pain in young women by using abdominal stretching exercises using video media. Abdominal stretching exercises are an effective way to reduce menstrual pain in young women using video media.*

**Keyword:** *Dysmenorrhoea, Eenagers, Abdominal Stretching Exercise*