

## **YOGA GYMNASTICS EDUCATION TO REDUCE MENSTRUAL PAIN IN TEENAGE WITH BOOKLETS**

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### **SUMMARY**

**Background:** *Adolescence is a phase of development between childhood and adulthood. Menstrual pain (dysmenorrhea) is a symptom of recurrence, or medical term called catmenial pelvic pain, is the condition of a woman experiencing pain during menstruation that has a bad effect causing disruption of daily activities because she feels pain. Yoga gymnastics is one of techniques teaches relaxation, breathing techniques, and body position to increase strength, balance and reduce pain during menstruation. Prevalence in Indonesia of menstrual pain is 64.25% consisting of 54.88% primary menstrual pain and 9.36% secondary menstrual pain. Its estimated 30% - 70% of women have menstrual problems, including abdominal pain or stomach cramps and 10% - 15% of them are forced to lose employment opportunities, school and family life* **Method:** *the medium used to add information and knowledge about yoga gymnastics to reduce menstrual pain in the form of booklets.* **Result:** *This booklet on yoga gymnastics to reduce menstrual pain can be medium for self-study, as well as can increase knowledge to people.* **Conclusion:** *Yoga gymnastics booklet to reduce menstrual pain can be used by teenagers to know how to reduce menstrual pain by doing yoga gymnastics.*

**Keywords:** *Teen, Pain Menstruation, Yoga, Booklet*