

APPLICATION OF CARROT JUICE AS AN EFFORT TO TREAT PRIMARY DYSMINORRHEA IN ADOLESCENTS

Nindya Dewi Evitasari
Nindyadewi74@gmail.com
Universitas' Aisyiyah Surakarta

SUMMARY

Background : in Indonesia the incidence of dysmenorrhea is 64.25% consisting of 54.89% primary dysmenorrhea (Hastutik et al, 2016). On average, more than 50% of women in every country experience dysmenorrhea in central java reaches 56% because the incidence of dysmenorrhea is a natural occurrence that occurs every month in women. **Objective**: Knowing the making of Information and Education Communication (IEC) media regarding carrot juice as a promotional medium to reduce dysminorrhea in adolescents. **Methods**: The method used is using IEC media in the form of posters as a promotional medium containing how to make carrot juice to reduce dysminorrhea in adolescents. **Result**: The IEC printed media in the form of posters can be distributed directly to adolescents and social organizations. **Conclusion**: As a media for promotion of education and information for the community, especially for adolescents regarding carrot juice in overcoming dysminorrhea in adolescents

Keywords: Adolescents , Carrot juice , Dysminore