

***DISMINORE EMPLOYMENT TO REDUCTION OF MENSTRUATIVE PAIN IN ADOLESCENT ADOLESCENT THROUGH VIDEO MEDIA***

**Supanti**

Email: [supantiby111@gmail.com@gmail.com](mailto:supantiby111@gmail.com)

*Programme 'Aisyiyah University Surakarta*

***ABSTRACT***

*Background; Dysminorrhea is pain in the lower abdomen that is felt during menstruation and can be primary or secondary due to an increase in the hormone prostaglandin which causes the uterus to contract. resulting in pain in the lower abdomen in women. The incidence of pain or dysminorrhea in Indonesia is 64.25% and 54.89% experiencing secondary dysminorrhea and this problem can bother women up to 50%. For this reason, management is needed to overcome menstrual pain in adolescent girls who experience dysminorrhea in a non-pharmacological way, namely by exercising dysminorrhea. Method; The importance of information on dysminorrhea exercises for adolescents suffering from dysminorrhea is educated in the form of video media which contains information on reducing menstrual pain with dysminorrhea exercises. Result; The title of this educational media is "Reducing Menstrual Pain with Dysminore Exercise". Conclusion: Dysminorrhea Gymnastics can be used to treat menstrual pain in adolescents suffering from dysminorrhea and its outcome can be applied and practiced by adolescents suffering from dysminorrhea.*

*Keywords: Youth, Disminore, Gymnastics dysminore, Video*