

# **DYSMENORRHEA GYMNASTIC EDUCATION AS AN EFFORT TO REDUCE MENSTRUAL PAIN THROUGH BOOKLET MEDIA**

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## **SUMMARY**

**Background** ; Dysmenorrhea is pain that is felt during menstruation caused by the uterine muscle spasms. Dysmenorrhea exercise is an exercise that focuses on stretching the muscles of the abdomen, pelvis and waist to help the affected person become more relaxed and comfortable. The impact that occurs if dysmenorrhea is not treated is disruption of daily living activities. Retrograde menstruation (menstruation moves backwards), infertility (infertility) and infection. Prior to dysmenorrhea exercise, more than half (66.6%) of female adolescents experienced moderate pain intensity and after dysmenorrhea exercise more than half (77.3%) female adolescent experienced mild pain intensity during dysmenorrhea **Method**; Utilizing Microsoft Word and CorelDraw applications to modify the layout of the background design and the output image in the form of a dysmenorrhea exercise booklet which aims to provide education about dysmenorrhea exercise to the public, especially women and housewives. **Results** ; The KIE media is in the form of a booklet with a total of 21 pages and contains information about dysmenorrhea exercise and the steps accompanied by supporting pictures so that it is easy to understand. **Conclusion** ; This media booklet is expected to provide benefits and information for young women to do dysmenorrhea exercise properly and correctly when experiencing dysmenorrhea.

**Keywords**: Education, Dysmenorrhea, Dysmenorrhea Gymnastics, Booklet