

HEALTH EDUCATION OF WARM GINGER COMPRESS THERAPY IN TREATING DISMENORE IN ADOLESCENT WOMEN THROUGH POCKET BOOK MEDIA

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SUMMARY

Background : Dysmenorrhea is one of the most common gynecological problems experienced during adolescence, very disturbing activities and often causes pain that most often occurs in women. According to data from the World Health Organization (WHO) in 2018 that the incidence of dysmenorrhea in the world is very large. On average, more than 50% of women in every country experience dysmenorrhea. Dysmenorrhea occurs due to an increase in prostaglandins, which are substances that cause the uterine muscles to contract. One of the efforts to reduce or reduce dysmenorrhea can be done with non-pharmacological therapy. One of the therapies that can be used is warm ginger compresses. Ginger compresses can be used to reduce dysmenorrhea or menstrual pain. **Method** : the method used is making a pocket book about ginger warm compresses that can be directly applied by young women. **Results** : The resulting project is in the form of a pocket book that contains information and how to do a warm compress. **Conclusion** : ginger warm compress pocket book media can be used as a medium of communication, information and education to reduce dysmenorrhea

Keywords : *Health Education, dysmenorrhea, ginger warm compress, pocket book*

