

**CAT STRETCH EXERCISE AS A EFFORT REDUCING DYMENORORA IN  
TEENAGE PRINCESS WITH  
VIDEO MEDIA**

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**ABSTRACT**

**Background:** Menstrual pain or dysmenorrhea is defined as painful or abnormal menstrual flow that is difficult or painful. in Central Java experiencing dysmenorrhea reached 1,465,876 people with the number of young women aged 10-19 years as many as 2,899,120 people. The impacts arising from dysmenorrhea are not only significant on the quality of life and personal health, but can also have a global economic impact. The way to reduce dysmenorrhea is by doing Cat Stretch Exercise, regularly doing Cat Stretch Exercise can increase blood flow more smoothly and the uterine muscles become more relaxed, increase muscle strength and relax blood vessels to experience widening. **Method:** Provide information related to Cat Stretch Exercise as an effort to reduce dysmenorrhea in adolescent girls. **Results:** The resulting output is in the form of IEC media in the form of a video entitled "Cat Stretch Exercise Solution for Dysmenorrhea". **Conclusion:** The output of this video is expected to be useful as a medium for Information Communication and Education (IEC) for the community, especially young women who experience dysmenorrhea so that they can practice paint stretch exercises independently.

**Keywords:** Cat Stretch Exercise, Dysmenorrhea, Video Media.