

## **DYSMENORRHEA EXERCISE METHOD AS AN EFFORT TO REDUCE MENSTRUAL PAIN THROUGH POCKETBOOK MEDIA**

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### **SUMMARY**

**Background:** Dysmenorrhea sufferers may take a prevention or reduce pain by pharmacology by taking an anti-pain medicine or by non-pharmacological methods by compressing warm or dysmenorrhea exercises. According to World Health Organization (WHO), an average of more than 50% of women in each country experienced dysmenorrhea. Dysmenorrhea prevalence in Indonesia is 64.25%. Dysmenorae must be treated appropriately because if it does not, it can result in disruptions of both work and school activities that could lower students performances.

**Method:** Dysmenorrhea exercise is one of the relaxation techniques that can be used to reduce menstrual-pain or dismenorrhea. The movement of the dysmenorrhea exercise is not difficult, so it is easy to learn and does not need to spend any money and there are no side effects and very safe to do for dysmenorrhea sufferers especially young women. The dysmenorrhea exercises will be presented in the form of pocketbooks. Pocketbook has an excess of a small size and fit in pocket so that it can be carried out wherever and with interesting colors and drawings that stimulate interest in reading. **Result:** Dysmenorrhea delivered through the output form of pocket-book media aimed as a medium of information and educational dealerships to the community, while reading the pocketbook of dysmenorrhea, readers will easily understand and easily practice it. **Conclusion:** A pocketbook is one of the media for conveying information that is easier to understand, and also as a medium for health education by the public.

**Keyword:** Pocketbook, Mestrual Pain, Dysmenorrhea Exercise