

EDUCATION OF GREEN COCONUT WATER TO REDUCE DISMENOIRE THROUGH BOOKLET MEDIA

Niken Eka Damayanti¹, Mulyaningsih²
Ninikeken123@gmail.com
¹Aisyiyah Surakarta University

SUMMARY

Background: Dysmenorrhea is the occurrence of discomfort during menstruation, usually with pain and centered on the lower abdomen. In Indonesia, in 2014 the incidence of dysmenorrhea was 64.25%, consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. One of the non-pharmacological treatments that can be done to treat pain in dysmenorrhea is to use green coconut water. **Methods:** This final project is a project that was made by myself according to the references obtained in journals and books, the media used was booklets. **Results;** The output of this final project in the form of a booklet entitled "Reduce Menstrual Pain With Green Coconut " It is hoped that it will benefit the community, especially women who experience desminorrhea pain. **Conclusion;** Giving coconut water can reduce desminorrhea pain, providing education through booklet media is effective to increase mother's knowledge about the benefits of green coconut water, namely to reduce desminorrhea pain.

Keywords; Teens, Dismenore, Green coconut water, booklet