

**EDUCATION ABDOMINAL STRETCHING EXERCISE AS AN EFFORT TO
REDUCE THE INTENSITY OF DYSMENORRHEA
IN ADOLSCENCE GIRL**

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SUMMARY

Back Ground : Dysmenorrhea is the main problem of gynaecology than often complined by girls. More than 50% women in the word experience dysmenorrhea. The prevalance in Indonesia is 64,25% consisting of primary dysmenorrhea 54,89% and secondary dysmenorrhea 9,36%. From the result abdominal stretching exercise can reduce the intensity of dysmenorrhea pain from 50% moderat and 50% mild pain to 15% moderate pain, 50% mild pain, and painlessness. **Method** :The KIE output method used is in the form of a video including discussions and movement regarding abdominal stretching exercise. **Result** : The resulting KIE media is in the form of a video entitled "You Have Dysmenorrhea? Come On Solve it with Abdominal Stretching" that expected to be a therapy guidance to reduce the pain intensity of dysmenorrhea to adolescence. **Conclusion** : Video title "You Have Dysmenorrhea? Come On Solve it with Abdominal Stretching" made to increas knowledge and motivation to adolscence girl to apply abdominal stretching exercise to reduce pain or dysmenorrhea.

Keyword : Dysmenorrhea, Adolscence Girl, Abdominal Stretching Exercise, Video