

ABSTRACT

The Effect of Yoga Exercise on Menstrual Pain in Adolescent Girls

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SUMMARY

Menstrual pain is pain felt during menstruation, especially in the lower abdomen and can spread to the lower back, waist, pelvis, upper thighs and calves. The prevalence of dysmenorrhoea or menstrual pain is 64.5% and most often occurs in teenagers. Based on Silaen's research in Denpasar, 91.7% of teenagers experience menstrual pain every month. As many as 81.25% had mild dysmenorrhoea, 6.25% had moderate dysmenorrhoea, and 12.5% had severe dysmenorrhoea. Yoga exercises can improve blood circulation throughout the body, increase lung capacity when breathing, reduce body, mind and mental tension, and reduce feelings of discomfort. Objective: To find out that yoga exercises can have an effect on reducing menstrual pain in teenagers. Method: The method used uses KIE media, namely video. Video was chosen as IEC media because it has several advantages. The video was made by paying attention to the guidelines from 'Aisyiyah University, Surakarta. Results: KIE print media in the form of videos can be distributed directly to physiotherapists, physiotherapy students and young women. Conclusion: As a media for promotion, information and education for physiotherapists and young women about the influence of yoga exercise on menstrual pain.

Keywords: Teenagers, menstrual pain, yoga exercise