

APPLICATION OF YOGA EXERCISE VIDEO EDUCATIONAL MEDIA TO PREVENT THE INCIDENT OF DYSMENORRHOEA IN ADOLESCENTS

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SUMMARY

Background; Adolescence is a transition period from childhood to adulthood, marked by puberty. Menstruation in adolescents often causes complaints of dysmenorrhea with varying levels of pain. According to WHO, 90% of women in the world experience dysmenorrhea, as many as 15% of women are classified as severe dysmenorrhea and 9.36% are mild dysmenorrhea. Efforts that can be made to prevent the occurrence of dysmenorrhea in two ways, namely pharmacologically and non-pharmacologically, one of the non-pharmacological methods that can be done is by doing yoga, this is because yoga provides a relaxation effect that can give individuals self-control when there is discomfort or pain that can stimulate the release of endorphins. **Method;** The delivery of information using educational videos about yoga to prevent dysmenorrhea in adolescents. The purpose of this media is to provide information and education to adolescents regarding non-pharmacological methods that can be done to prevent dysmenorrhea. The making of this video includes pre-production, production and post-production. **Results;** The media produced is a video with the title "Yoga Exercises to Prevent Dysmenorrhea in Adolescents" with a duration of 22:37 minutes with a file size of 2.25 GB which has been tested on 3 adolescent respondents with the results of the video being easy to understand and having an interesting presentation. **Conclusion;** The resulting video media can be used as a medium for educating and educating the public about yoga to prevent the occurrence of dysmenorrhea.

Keywords; Dysmenorrhea, Yoga, Teenagers