

GIVING CANNABIS AND HONEY TO DRINKS TO REDUCE DISMENORRHEA IN TEENAGE DAUGHTERS

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SUMMARY

Background: Pain during menstruation causes discomfort in daily physical activities. Around 70-90 percent of cases of menstrual pain occur during adolescence and teenagers who experience menstrual pain will be affected by their academic, social and sports activities. Turmeric has antioxidant compounds such as polyphenols, tannins and ascorbic acid. Turmeric is able to treat dysmenorrhoea because it contains phenolics which can be used as an analgesic, antioxidant, antimicrobial and anti-inflammatory. Honey also has a delicious taste and a fairly affordable price. The anti-microbial and anti-inflammatory properties contained in honey also contain enzymes and minerals which can effectively reduce pain such as menstrual pain. **Method:** Using educational media with a theme entitled "Giving Turmeric and Honey Drinks to Reduce Menstrual Pain in Adolescents" using the Meitu application. **Results:** Educational video "Giving Turmeric and Honey Drinks to Reduce Menstrual Pain in Teenagers". **Conclusion:** This educational video can provide a source of knowledge to the public, especially young women, about efforts to reduce menstrual pain by using turmeric and honey drinks.

Keywords: Turmeric and honey drink, menstrual pain, teenagers